

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"NOTHING CAN STOP THE MAN WITH THE RIGHT MENTAL ATTITUDE FROM ACHIEVING HIS GOALS; NOTHING ON EARTH CAN HELP THE MAN WITH THE WRONG MENTAL ATTITUDE."

~ Thomas Jefferson ~

Dear Residents,

I hope you all had a great week!

This weekend we take our first step into another new month and the last quarter of this year. I think we all know from experience that it's a quick slide from here to Christmas. That said, there is still a lot of fun to be had in the next few months.

In this week's newsletter we expand on the exciting service offered by Ielhaam Ramphal. Ielhaam will host a talk on holistic living followed by a few "demo" treatments on the 6th of October.

The low impact cardio class hosted by Louise Jackson will now also have a permanent slot on our weekly programme. On the 4th, Mike Jacklin will host what will surely be another booked out afternoon of Opera appreciation. Be sure to book your seat to avoid missing out.

During the coming week the Bistro team will host another monthly Wednesday Night Dinner, stepping things up a notch from the more casual dinner usually offered on Fridays.

In preparation for our Oktoberfest celebration later in the month we added a bit of a Bavarian flavour to this week's newsletter. In What's Cooking we share the ultimate Oktoberfest Sausage Guide and because it's a perfect pairing, in "Bottom's Up" we feature a Guide to German Beer.

In this week's "Musical Corner" we still keep a German slant and take a closer look at Alphaville, a German pop band founded by lead singer Marian Gold. Listen to some classic 80's hits like Forever Young and Sounds Like a Melody.

Last but not least I would like to thank everyone for the amazing response to our request to support the Bistro. Following the booked out Heritage Day Braai we have had improved daily meals and heat & eat orders and today's lunch and dinner bookings both exceeded 60 guests.

With that, we wish you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

3 - 9 OCTOBER

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WEEKLY ACTIVITIES

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



MONDAY 3 OCT	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 443	GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY 4 OCT	09h00 CALLNETICS ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY 5 OCT	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	5 & 19 OCT 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		18h00 WEEKLY DINNER BISTRO ext. 2404
THURSDAY 6 OCT	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2043	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	10h30 CLEAN BEAUTY SPA 1ST FLOOR LOUNGE Reception ext. 2400	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011
FRIDAY 7 OCT	09h00 BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 AQUA AEROBICS POOL Renate 082 519 1873	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089
SATURDAY 8 OCT				
SUNDAY 9 OCT			12h00 SUNDAY LUNCH BISTRO ext. 2404	

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

5 OCTOBER

IRENE UFFHAUS - Noordhoek
MICHAEL MCLEROTH - Noordhoek
DAVID FROST - Noordhoek

6 OCTOBER

EUGENE SARKIS - Noordhoek

7 OCTOBER

JOAN POLLACHI - Noordhoek
JEANETTE DE JAGER - Noordhoek
JENNY WYLLIE - Noordhoek

8 OCTOBER

ROY POTTER - Noordhoek
DAN NEL - Noordhoek

9 OCTOBER

MARY SMIT - Noordhoek
AUDREY DICKASON - Noordhoek
SALLY JOHNSON - Noordhoek
MICHAEL MACDONALD - Noordhoek
JOHN PRITCHETT - Noordhoek

ANNIVERSARIES

3 OCTOBER

ED & WENDY VAN DER NIET - Noordhoek

3 OCTOBER

RODNEY & YVONNE WILSON - Noordhoek

NEW RESIDENTS

SELWYN & BARBARA LANGE - Apartment 130
CLIVE & SUSAN ABRAHAMS - Apartment 22
JOSEPHINE CULLINGWORTH - Apartment 232



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPEN DAILY
08H00 - 16H30

BOOK ON
EXT 2404

DAILY MEAL - LUNCH R65

HEAT & EAT - DINNER R65

MONDAY 3 OCT	Chicken & Leek Quiche with Potato Wedges & a Greek Salad	Bobotie Style Meatloaf with Yellow Rice & Pan-Fried Greens
TUESDAY 4 OCT	Beef, Red Onion & Green Pepper Kebab with Risotto & Seasonal Vegetables	Crumbed Fishcakes with Savoury Rice, Creamy Parsley Sauce & Seasonal Vegetables
WEDNESDAY 5 OCT	Pork & Apple Pie with Mashed Potato, Gravy & Oven Roasted Vegetables	See Page 5
THURSDAY 6 OCT	Chicken Broccoli Alfredo Bake served with a Garden Salad	Beef Meat Pie with Mashed Potatoes, Gravy & a Fresh Side Salad
FRIDAY 7 OCT	Fried/Grilled Hake with Chips & Fresh Garden Salad served with Lemon & Tartar Sauce	Grilled Chicken Caesar Salad with Italian Bread
SATURDAY 8 OCT	Butter Chicken Curry with Basmati Rice, Naan Bread and sambals	Sweet & Sour Pork with Egg Noodles & Stir-Fried Vegetables
SUNDAY 9 OCT	See Full Menu	Bacon Macaroni & Cheese with a Garden Salad

BREAKFAST R65

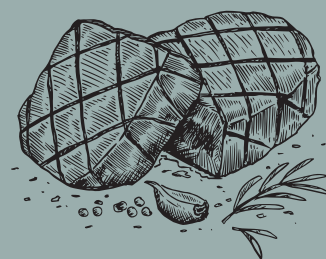
SERVED FROM
08H00 - 11h00

BACON BENEDICT

English Muffin Topped with Rocket, 2 Poached Eggs, Hollandaise Sauce

ENGLISH BREAKFAST

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



SUNDAY LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Roast Pork with Crackling & Apple Sauce served with Hasselback Potatoes, Glazed Baby Carrots & Minted Peas

DESSERT

Apple Strudel with Cinnamon Dusted Ice Cream

WHAT'S ON THE MENU?

OCTOBER PROMOTION

SERVED FROM 09H00 TO 16H00

COFFEE OR TEA WITH
A SLICE OF CAKE

R30

(BOOK AT BISTRO ON EXT. 2404)

WEDNESDAY NIGHT DINNER MENU

5 OCT 2022 | 18H00

MAIN COURSE

SLOW BRAISED OXTAIL ON POTATO & LEAK MASH
WITH SIDE ORDER OF SEASONAL VEGETABLES

~

GRILLED YELLOWTAIL WITH WHITE WINE
RISOTTO, STEAMED CITRUS GREENS AND
LEMON BEURRE BLANC

~

(V) WILD MUSHROOM STROGANOFF ON BASMATI
RICE WITH SIDE ORDER OF SEASONAL
VEGETABLES

DESSERT

COCONUT PANACOTTA WITH CITRUS SALAD
GRANADILLA SYRUP

~

BAKED CHOCOLATE TART WITH
VANILLA ICE CREAM

R130

(BOOK AT BISTRO ON EXT. 2404)



RELAXATION CORNER

Clean Beauty Spa

AT YOUR CONVIENCE

HOLISTIC LIVING TALK & DEMONSTARTION

6TH OCTOBER AT 10H30

- Welcome and an introduction of who Ielhaam is.
- She talks about her products "About Thyme" and "Clean Beauty Spa".
- The benefits to feeding the body and mind with natural resources.
- How natural products can increase good energy.
- The difference between natural and chemical base products.
- Clean Beauty Spa – A beauty spa that offers convenience as well as giving you an holistic way to enjoy treatments at your convenience.
- Closing with Demonstration – complimentary hand scrub to all ladies and gents.

FACIALS

Mini Facial 30mins R180

MAKEUP & STYLING

Everyday Glow: basic application for everyday R200
(bring along your own makeup) 30mins

Occasional Makeup: R280
(eye makeup, brows, mascara with desired lip colour, no contouring only blush/bronzer, bring your own foundation, lipstick) 45mins

Wardrobe Cleanse: R425p/hr
(declutter, organise, and styling of items- minimum 2hrs)

Personal Shopping: R -
(finding an outfit for you) contact for quote

CALL OUT FEE:(Calculated via AA Rate)

We are a floating beauty spa offering small group treatments at your venue.

Book your Pamper Session

**Call or Whatsapp
ielhaam:082 396 7573
Nurina:073 142 2043**

Host a party of 5 or more and receive your treatment FREE
excludes makeup & styling

MANI & PEDI

	Hands	Feet
Express - file, buff, treatment polish	R130	R150
Relax - Scrub & Massage	R130	R150
Mini - soak, file, buff, treatment clear polish	R210	R220
Refresh Power - soak, file, buff, exfoliate, massage, moisturize, treatment clear polish	R250	R280

MASSAGES _AROMATHERAPY

Back massage 30mins R280

Head & Neck 30mins R280

Relaxing Hand or Foot 30mins R200

Back Scrub (only) 20mins R90

WAXING

Brows R80

Lip R80

Chin R80

Underarm R90

Halfleg R130



RESIDENT ACTIVITY

DEAR OPERA LOVER,

ON TUESDAY, 4 OCTOBER AT 14H00 WE WILL PRESENT RIGOLETTA, AN ACCLAIMED PRODUCTION THAT TELLS THE TALE OF THE CORRUPTION OF INNOCENCE, PERFORMED BY THE ENGLISH NATIONAL OPERA.

COME ALONG AND HAVE SOME FUN.

FORZA OPERA!

CLICK [HERE](#) TO LISTEN TO A SHORT INTRODUCTION TO RIGOLETTO



Rigoletto

J. Verdi

WE WELCOME ALL SEASONED OPERA LOVERS AND NEWBIES.

TUESDAY 4 OCTOBER | 14H00 – 17H00 | TWO ACTS, 15 MINUTE BREAKS

VENUE: CINEMA ROOM 1

RSVP: MIKE JACKLIN - 082 900 3248

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



WHAT'S COOKING?



THE ULTIMATE OKTOBERFEST SAUSAGE GUIDE

With 1,200 different varieties, sausage is serious business in Germany. A great time to experience this German culinary tradition is during Oktoberfest. Centered in the German state of Bavaria, Oktoberfest originally started as a wedding celebration for King Ludwig the 1st in 1810. Since then, Oktoberfest have evolved into a celebration centered on the feeling of *gemutlich* – defined as “happiness in companionship with others.” Oktoberfest is a celebration with food as the highlight. German dishes like *schweinshaxe* (crispy pork shank) and *steckerlfisch* (whole grilled fish) are popular during Oktoberfest, all washed down with plenty of beer. However, Oktoberfest sausages, a pride of German cuisine, also plays a major role in the food.

THE SAUSAGES

Traditionally, sausages were created as a way to use leftover meat trimmings. The goal was to minimize waste and utilize as much of the animal as possible. In Germany, sausages can be made from a variety of animals and cuts, although pork is the most common sausage meat. According to experts, the preferred cut is pork shoulder and jowl due to its balance of moisture and flavor. The following list includes just a few of the most popular German sausages for Oktoberfest. This is just an introduction – the variety is endless.

BRATWURST

Perhaps the best known of German sausages, Bratwürsts can be made with veal, beef, or pork (generally pork) and is either fresh or smoked. The texture of this sausage is coarse and juicy. With over 40 varieties, bratwurst recipes can also differ by region.

The best way to enjoy bratwurst is to cook it in a hot pan or grill. This method of direct heat gives the Bratwurst a charred and satisfying snap.

To serve, enjoy this sausage with a pretzel or alongside potatoes and cabbage. Bratwürsts can also be wedged in a roll and eaten as a sandwich.



KNACKWURST

These short, fat, and smoky sausages are made with a combination of veal and pork. Besides being very garlicky, Knackwürsts are also known for their intense snap.

WHAT'S COOKING?

The name of the sausage comes from the German word "knacken" (to crack). One bite into a knackwurst and one will be treated to the loud snap of its natural casing. Knackwursts can be grilled or heated in boiling water until ready. Be sure to eat this sausage with plenty of sauerkraut and mustard.



FRANKFURTER WÜRSTCHEN

Originating in Frankfurt, Germany, the Frankfurter is better known in America as the humble hot dog. This long, smoothly textured sausage is blessed with a light smoky flavour. The German frankfurter is usually made with pork (whereas most American hot dogs are made from beef). Generally, German Frankfurters have natural casings, giving the sausage a great snap. Since Frankfurters are smoked and cooked, they don't need much cooking time. Crisp them up in a pan or grill and serve in bun with plenty of mustard and horseradish for a taste of the original Frankfurter.



This white-colored sausage is perhaps the king of Oktoberfest sausages. "Oktoberfest is very specifically Bavarian, and while other parts of Germany do celebrate it, they tend to stick to the Weisswurst." These white-coloured sausages are smooth and mild-flavoured, made with a combination of veal and pork back bacon. Weisswurst owes its flavouring to a combination of leeks, chives and green onions.



In Germany, Weisswursts are eaten before noon, even producing a saying that "Weisswursts should not be allowed to hear the noon chime of the church bells."

The proper way to cook Weisswursts is to heat them in simmering hot water. Do not overcook the Weisswurst to the point where the sausage skin splits. According to experts, Weisswurst is also commonly served in a bowl of warm water and the skin is also sometimes removed before eating. Weisswursts are delicious with a pretzel and sweet Bavarian mustard.



SAUSAGE CONDIMENTS

The classic condiments to eat with German sausages are mustard and sauerkraut. The tart flavours of both condiments helps cut the richness of the meat and fat. For the best mustard, try to source German mustards whenever possible. If German mustards aren't available, a spicy brown mustard will do the trick. Regarding side dishes, there are a lot of traditional options. Most German sausages go well with bread and pretzels. But if the sausages are being served as an entrée, try accompanying the sausages with potatoes or delicious red cabbage.

BOTTOM'S UP!



A GUIDE TO GERMAN BEER

It is no secret that Germans love to drink beer. So, it is probably not surprising that there are now well over 7,000 varieties of beer in Germany brewed in 1,300 breweries. A good fifth of these are found in the southern region of Bavaria, whose capital, Munich, is home to the world-famous Oktoberfest beer festival. Throughout Germany beer is drunk at various times of day, generally with meals or alongside the most popular bar nibble, lightly salted pretzels. So seriously was the science of brewing taken in the past that it gave rise to what was perhaps Europe's first food purity law, passed in 1516 by Duke William IV of Bavaria, and still in force today. The law states that only barley, malt, hops and water are allowed in the beer-making process – a revolutionary edict in the days when adulteration of foodstuffs was rife. Following is look at German beer styles and varieties.

PILSNER

Fresh pilsner from the tap takes about 7 minutes to pour into the iconic long neck pilsner glass, because of high pressure and carbonation. Pilsner is a relatively latecomer to the beer scene, created in about around 1842 by German brew master Josef Groll in the town of Pilsen, Bohemia, now in the Czech Republic. Pilsner has about 4.0 – 5.2% alcohol, is bottom-fermented, light coloured, and has a distinctly bitter, 'hoppy' note and aroma.



HELLES OR DUNKLES LAGER

German Lager Beer Light and Dark considered a working class type of beer, originating in Munich and Dortmund, and usually consumed in steins or large glasses, in beer halls or intimate pubs. This bottom-fermented beer has more pronounced malt notes, comes in light or dark color depending on the degree to which the malt was roasted, is less bitter, about 4.5% alcohol.



EXPORT LAGER

Export lager is a bottom-fermented beer like Helles, but was originally made in the mid 18th century to ship overseas. It has a wort content of 12 – 14%, meaning stronger malt flavours, and a bit higher alcohol content of over 5%. Well known brands include Dortmund and Munich Export beers, but none has achieved more global recognition than Beck's Beer from Bremen, founded in 1876.



BOTTOM'S UP!

KÖLSCH AND ALTBIER

These are two distinct beers intimately connected to the cities on the Rhine river – Köln/Cologne (Kölsch) and Düsseldorf (Alt). These beers are top-fermented, with a balanced flavour, 4.8% alcohol and a really smooth finish. Served in cylindrical, narrow glasses, Kölsch and Alt are typically downed and replenished in minutes. Kölsch is made from light malt; Altbier is made from darker roasted malt and is consequently a bit more bitter. Both beers attained the coveted EU status of "Protected Designation of Origin" (PDO), so no brewery in the European Union can produce Kölsch or Alt outside the Cologne or Düsseldorf regions.



WEISSBIER (WHEAT BEER): KRISTALL, HEFE AND DARK

German Wheat Beer light dark and crystal. Primarily consumed in Southern Germany, this top-fermented beer has 5–5.8% alcohol, a refreshing, zesty flavor, and is served in tall slender glasses. Yes, you guessed it: the malt is part barley, part wheat. Pouring a Weißbier (wheat beer) from a bottle is a tricky business. First the glass is dipped in water. Then you have to tilt the glass as far as possible and slowly "pull" the suds from the bottom to the top of the glass. Otherwise, you only get masses of overflowing beer foam. Weissbier comes in Kristall (clear color, filtered), Hefe (cloudy, yellow color, some wheat and yeast residues), and Dunkel (roasted dark malt). Munich insiders would recommend Schneider Weisse or Augustiner Weisse as favorite brands.



STARKBIER OR BOCKBIER

This full-bodied beer is a Southern German favourite, traditionally brewed in March for consumption during Lent, with a minimum of 16% wort and about 7%+ alcohol content. The colour ranges from golden to very dark. If you happen to be in Munich at the beginning of March, try to catch the opening of the Salvator-Anstich, the keg opening at the Nockherberg Starkbier festival. There you can enjoy Starkbier with up to 17% alcohol content.



SCHWARZBIER

For most of the past seven millennia, beer was a dark coloured beverage. It's less than 200 years since brewers have used lightly malted barley to create light coloured beers like Helles, Kölsch or Pilsner. Schwarzbier is Germany's Guinness, primarily consumed in Thuringia and Saxony. Bottom-fermented, full-bodied, lightly sweet and malty, it has about 11% wort and 4.8% alcohol content. Köstritzer Schwarzbier is a famous brand. This beer is best consumed at 8° Celsius in a chalice-type glass.



BERLINER WEISSE – RED OR GREEN

This is a refreshing, fruity, wheat beer originating about 300 years ago in Germany's capital city. Berliner Weisse became a hit in the summer beer gardens of 19th century Berlin. In contrast to Munich wheat beer, Berliner Weisse has about 7% wort and only 2.4% alcohol content and is fermented with a mix of brewers yeast and lactic acid bacteria. Thus, the beer gets a lightly tart, crisp flavour that is sweetened with raspberry (red) or woodruff (green) extract. A hot summer month favourite consumed in wide-bodied glasses.



MÄRZEN OR OKTOBERFESTBIER

This bottom-fermented beer is similar to Helles, but with a minimum of 13% wort and 4.8 – 5.6% alcohol content. Traditionally brewed in March, since prior to the mid 19th century breweries were required to shut down for the summer. This beer is also served during the famous Munich Oktoberfest. With soft malty notes, Märzen is pleasant to drink, and is typically consumed in steins in beer halls.




MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

ALPHAVILLE FOREVER YOUNG

[CLICK HERE TO LISTEN TO
ALPHAVILLE'S
GREATEST HITS](#)



Alphaville is a German synth-pop band formed in Münster in 1982. They gained popularity in the 1980s. The group was founded by singer Marian Gold, Bernhard Lloyd, and Frank Mertens.

FORMATION

Alphaville was formed after lead singer Marian Gold and Bernhard Lloyd met in Berlin in 1981. The pair were heavily influenced by UK indie acts like Tubeway Army, Gary Numan and Orchestral Manoeuvres in the Dark. Gold had written "Big in Japan" in 1979 after hearing the music of Holly Johnson's band Big in Japan. They first named their band "Forever Young" and subsequently changed it to "Alphaville" after the 1965 science fiction film. Together the three wrote Forever Young and recorded their first demo of the same name. The first Alphaville concert took place on 31 December, 1982 in Enger, Westphalia. In 1984, the newly renamed Alphaville released their debut single, "Big in Japan".

In the early years, Gold said that "none of us could really play an instrument. The music was in our heads, but we were dependent on synthesizers and drum machines and things like that. The equipment we had at that time was basically toys – the cheapest monophonic synthesizers you could imagine. We had a little studio in a basement, made a couple of demos and sent them to some record companies to try to get a deal. We didn't have much hope, but we had three offers and from that moment everything happened very fast.

FOREVER YOUNG (1984)

"Big in Japan" topped the charts in Germany, Greece, Switzerland, Sweden, Turkey, Venezuela, and the US Billboard Dance Chart (the group's only Top 10 on any Billboard chart). The single also reached the Top Five in the Netherlands, Norway, Austria, Ireland and South Africa. It became the group's only Top 20 single in the UK, peaking at No. 8. The band's next two singles, "Sounds Like a Melody" and "Forever Young", were also both European Top 5 successes, although the former track failed to make an impression on the American charts. The song "Forever Young" was written during the Cold War, where the singer said "hoping for the best, but expecting the worst; are you gonna drop the bomb or not?" Amid reports that pop star Laura Branigan was featuring the song on her next album, Hold Me, Alphaville's "Forever Young" was re-released as a single in the US.

The Alphaville version was released a third time in the US in 1988, to promote Alphaville: The Singles Collection, and peaked at No. 65, their highest charting (and also last) single on the Billboard Hot 100. Soon after the success of the album, Mertens left the band in December. He was replaced in January 1985 by Marian's old friend Ricky Echolette on keyboard and guitar.