

# EVERGREEN NEWSLETTER

## ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“Happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”*

Frederick Keonig

Dear Residents,

I hope you have all had a great week.

As the year begins to wind down (rather quickly don't you think?) we now only have four more social events left for 2022.

On Friday the 9th December we will have our annual Christmas Market with over 30 stands, followed by Carols led by the Cape Town Men's Choir. Please invite your family and friends to join you for a delightful pre-Christmas get together.

After reserving the majority of the seats for residents for the Christmas Eve Dinner, Christmas Day Lunch and New Year's Eve Dinner we will now be opening bookings to your extended families which can be booked directly with the Bistro.

Also in this weeks edition, we highlight the damage the sun can do to older skins in Health Matters. We also get the Festive meal planning underway with great new ways to glaze that oh-so-delicious Gammon, and when not in the kitchen, we get out and about in the City and highlight the great things on offer for both young and old.

This week in Good Reads, we bring you a selection of beautiful coffee table books available on Takealot which are perfect for that friend or family member who enjoys the beauty of a hard cover book.

Looking forward to seeing you all at the Market. Wishing you all a wonderful weekend ahead.

Regards

Riaan and the Evergreen Team

5 - 11 DECEMBER

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# WEEKLY ACTIVITIES

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



<b>MONDAY</b> 5 DEC	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 443		<b>GAMES</b> <b>ACTIVITY ROOM 2</b> Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b> 6 DEC	09h00 <b>CALLNETICS</b> <b>ACTIVITY ROOM 1</b> Louise ext. 2143	10h00 <b>BRIDGE</b> <b>ACTIVITY ROOM 2</b> Cecile ext. 2011		14h00 <b>GOLF CROQUET</b> FISH HOEK <b>BOWLING CLUB</b> Norma ext. 2089	
<b>WEDNESDAY</b> 7 DEC	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE Sue 072 212 0277	2, 16 & 30 NOV 10h00 <b>CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE John ext. 2018	From 09h00 <b>MOBEEWASH</b> BASEMENT Reception ext. 2400		<b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>
<b>THURSDAY</b> 8 DEC	08h45 <b>LOW IMPACT CARDIO</b> <b>ACTIVITY ROOM 1</b> Louise ext. 2143	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE Jen ext. 2026	10h30 <b>TÁI CHI</b> <b>ACTIVITY ROOM 1</b> Robert ext. 22129	14h00 <b>BRIDGE</b> <b>ACTIVITY ROOM 2</b> Cecile ext. 2011	
<b>FRIDAY</b> 9 DEC	09h00 <b>BACK CARE YOGA</b> <b>ACTIVITY ROOM 1</b> Clair 083 453 5539	09h15 <b>AQUA AEROBICS</b> POOL Renate 082 519 1873	11h00 <b>LINE DANCING</b> <b>ACTIVITY ROOM 1</b> Shereen 071 471 3624	From 16h00 <b>CHRISTMAS MARKET &amp; CAROLS</b>	
<b>SATURDAY</b> 10 DEC					
<b>SUNDAY</b> 11 DEC			From 12h00 <b>SUNDAY LUNCH</b> BISTRO ext. 2404		

# IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

### 2 DECEMBER

PETER VON BORMANN - Lake Michelle

### 5 DECEMBER

DAVE INNES - Noordhoek

### 7 DECEMBER

MANDY HARRIS - Lake Michelle  
MELISSA ADRIAAN - Evergreen Team

### 9 DECEMBER

NORA HOEY - Noordhoek

### 10 DECEMBER

JENNIFER RAAFF - Lake Michelle

### 11 DECEMBER

MILTON KIRSTEN - Noordhoek

## ANNIVERSARIES

### 2 DECEMBER

IAN & BEVERLY MACHUTCHON - Noordhoek

## NEW RESIDENTS

CHRIS GOLDSBURY  
Noordhoek Apartment 18

MAUREEN HUBBARD  
Noordhoek Apartment 20



# WHAT'S ON THE MENU?

## Bistro

### WEEKLY MENU

#### OPTION 1

#### OPTION 2

<b>MONDAY</b> 5 DEC	Salmon & Spinach Quiche with Garden Salad	Sticky Sesame Chicken with Savoury Rice & Steamed Greens
<b>TUESDAY</b> 6 DEC	Beef Bobotie, Yellow Rice with Butternut & Green Beans	Crumbed Calamari & Chips with Coleslaw
<b>WEDNESDAY</b> 7 DEC	Chicken & Leak Pie, Garlic Baby Potatoes & Seasonal Vegetables	Pork Schnitzel, Blue Cheese Sauce, Baked Potato & Greek Salad
<b>THURSDAY</b> 8 DEC	Beef Meatballs, Gravy, Mashed Potatoes with Seasonal Vegetables	Chicken & Roasted Vegetable Lasagna, Garlic Roll, Summer Salad
<b>FRIDAY</b> 9 DEC	Fried/Grilled Hake with Chips, Fresh Lemon, Tartar Sauce & Coleslaw	See Page 5 for Dinner Menu
<b>SATURDAY</b> 10 DEC	Hawaiian Chicken Burger & Chips	Beef Curry, Basmati Rice, Sambals and Home Naan Bread
<b>SUNDAY</b> 11 DEC	See Full Menu	Chicken & Mushroom Carbonara with Garden Salad Heat & Eat Only

OPEN DAILY

08H00 - 16H30

BOOK ON  
EXT 2404

DAILY MEAL  
ORDERS BY 12H00

#### BREAKFAST R65

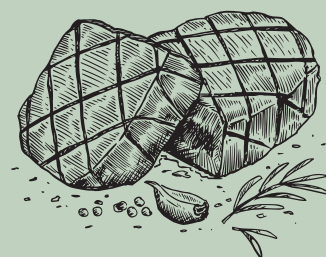
SERVED FROM  
08H00 - 11H00

##### 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 - R125

1ST SEATING 12H00  
2ND SEATING 12H30

##### MAIN COURSE

Honey & Mustard Roast Pork, Hackleback Potatoes, Cauliflower Gratin & Cinnamon Pumpkin

##### DESSERT

Peppermint Tart

ORDERS CLOSE  
FRIDAY AT 14H00

# RESIDENT ACTIVITIES



## *Christmas Market & Carols*

Join us on Friday, 9 December for our annual Christmas Market where the Cape Town Mens Choir will also perform, followed by Christmas Carols.

Evergreen family and friends are all welcome!

Market stalls open from 16h00

Bistro open from 16h00 to 20h00

Wine, Craft Beer and a Gin Bar available.

**PLEASE NOTE  
SOME TRADERS ARE ONLY ABLE TO  
ACCEPT CASH**

# HEALTH MATTERS



## SKIN PROTECTION FOR OVER 60'S

We've all heard that protecting skin from the sun will help prevent it from aging. But if you're already older, is there any point to worrying about sun damage? Since we're in the Summer season, it is also a great time to address the elderly and sun exposure.

People in their 60s may not be as concerned about keeping their skin looking young as are people in their 20s and 30s, but that doesn't mean that older adults should stop wearing sunscreen and worrying about sun damage. In fact, a 2009 study showed that older skin is less able to protect itself from skin cancer. The study showed that in older adults, the skin had a diminished ability to attract a certain type of immune cells called T cells to damaged areas where repairs were needed. This means the skin didn't heal as well, leaving the person more vulnerable to infections and also skin cancer.

### SKIN PROTECTION FOR ELDERLY ADULTS

Since the skin becomes more delicate and vulnerable as we age, that means that it's more important than ever for older adults to protect their skin from damage caused by the sun. Older adults need to take special precautions to limit their sun exposure as much as possible. Here are our top tips for keeping your skin safe.

#### DON'T GET A TAN

A tan is your skin's signal that damage has been done (a sunburn, even more so). Older adults have already sustained decades of sun damage. Tans and sunburn increase your risk of skin cancer, according to the Skin Cancer Foundation. So if you've already been burned a few times in your life—or worse, used to tan regularly when you were younger, take special care to stay out of the sun.

#### SEEK OUT SHADE

Protecting yourself from the sun doesn't mean you can never go outside. Use a sun shade or umbrella at the beach or pool, and stick to shady porches if you're enjoying an afternoon outside at home or having an al fresco lunch.

#### KNOW WHEN TO STAY INSIDE

According to the American Academy of Dermatology, the sun's rays are strongest in North America between 10AM and 4PM. Take special care to stay inside or in a shaded area during these hours.

### MAKE SUNSCREEN A PART OF YOUR DAILY ROUTINE

Even a short walk to and from the car, or passing by sunny windows while indoors can expose your skin to dangerous UV rays. The American Academy of Dermatology recommends using sunscreen of SPF 30 on any exposed skin every day, whether you'll be inside or out.

### WEAR PROTECTIVE CLOTHING

Loose, lightweight long pants and long sleeved shirts are ideal sun protection garb for older adults because they don't have to be reapplied like sunscreen, and can offer better protection. Make sure they have a tight weave so sun can't sneak through. Top them off with a wide-brimmed hat. If you plan to spend time outdoors, look for clothing specially designed to offer UV protection. Also look for UV-blocking sunglasses, window shades and car window tints.

### USE MOISTURIZER

As skin ages, it becomes more prone to dryness, which can be made worse by sun damage. Keep skin moist with a lotion or cream to help protect it.

Though some people assume that older adults don't need to worry about sun damage, it is extremely important for older adults to protect their delicate skin.

# WHAT'S COOKING?



## 3 SENSATIONAL TWISTS ON CLASSIC GLAZED GAMMON

Sticky and sweet, smokey and rich: what would your Christmas spread be without a glazed gammon? Here are five sensational recipes to spruce up the star of the show. Get cooking with rum, gingerbeer, plums, pineapple and even a touch of spicy sriracha!

### RUM, PINEAPPLE & STAR ANISE GAMMON

#### INGREDIENTS:

- 1 large (about 2kg) deboned smoked gammon
- 2L (8 cups) ginger ale / beer
- 1L (4 cups) pineapple juice
- 3 bay leaves
- 8 peppercorns

#### Glaze:

- 1 cup (250ml) pineapple juice
- $\frac{3}{4}$  cup (180ml) honey
- $\frac{1}{2}$  cup (125ml) dark rum
- 2-3 star anise
- 1 stick cinnamon

#### For serving:

- Fresh coriander, fresh cherries and pomegranate rubies



#### METHOD:

1. Place gammon in a large 4L pot.
2. Add ginger ale, pineapple juice, bay leaves and peppercorns.
3. Pour in enough water to cover the gammon completely, and put a plate (or something heavy) on top to keep the meat submerged in the liquid.
4. Bring to a simmer and cook gammon for 20 minutes per 500g (about 80 minutes for a 2kg gammon).
5. Remove meat and allow to cool slightly so that you can handle it.
6. Discard any netting and pull off the thick skin (it should come off easily while still warm.)
7. Score fat, taking care not to cut through to the meat or it will dry out. (If you want to stud your gammon with cloves, do so now.)
8. Preheat oven to 200°C.
9. Combine glaze ingredients in a pot and simmer for 10 minutes or until thickened.
10. Brush gammon with some glaze and roast for 20-35 minutes until the fat is golden-brown all over, glazing the roast every 5 minutes.
11. Serve sliced gammon with coriander, cherries and pomegranate rubies scattered around it.

# WHAT'S COOKING?

## FIVE-SPICE AND PLUM-GLAZED GAMMON



### INGREDIENTS:

- 2-3kg smoked gammon
- 1 onion, quartered
- 1 cinnamon stick
- 3 star anise
- 2 tsp (10ml) fennel seeds
- 6 whole black peppercorns

### Glaze:

- 4-6 ruby plums, deseeded and diced
- ½ cup (125ml) brown sugar
- 1 tsp (5ml) five-spice powder
- 2 star anise
- Salt
- Handful cloves, for studding

### METHOD:

1. Place gammon, onion and spices in a large pot and cover with water.
2. Place a side plate over gammon to keep it submerged and bring to a boil. Reduce heat and simmer gently for 2-2½ hours. (For smaller gammons, boil gammon 20-25 minutes per 500g.)
3. Cool gammon in liquid.
4. Heat glaze ingredients in a saucepan until sugar has dissolved.
5. Boil for 15 minutes or until mixture forms a jammy consistency. Cool.
6. Blitz with a stick blender and strain through a sieve to form a smooth sauce.
7. Lift gammon from liquid and remove skin with a small paring knife, leaving ½ cm of fat.
8. Score fat in a diamond pattern and stud the centre of each diamond with a clove.
9. Preheat the oven to 200°C.
10. Place gammon on a foil-lined baking tray and brush with glaze.
11. Bake gammon, glazing often, until heated through and a deep burnished bronze colour.
12. Serve gammon warm or at room temperature.

## GAMMON WITH CAPE RUBY PORT GLAZE

### INGREDIENTS:

- 2kg uncooked boneless gammon
- 2 whole cloves + extra for studding
- 10 peppercorns
- 2 bay leaves
- 2 carrots, roughly chopped
- 3 stalks celery, sliced
- 2 onions, quartered

### Glaze:

- ½ cup (125ml) Cape Ruby port
- ⅓ cup (80ml) dark brown sugar
- ¼ cup (60ml) white wine vinegar



### METHOD:

1. Place gammon ingredients together in a large pot and cover with enough cold water to submerge the gammon.
2. Bring to a simmer and cook for about 1 hour 40 minutes, or until tender and cooked through. (For smaller gammons, boil gammon 20-25 minutes per 500g.)
3. Remove from heat and cool in cooking liquid.
4. Remove gammon from liquid and place in a roasting tray.
5. Using a sharp knife, carefully peel skin off gammon, leaving a layer of fat on the surface of the meat. Score the fat in a diamond pattern.
6. Stud cloves into the centre of each diamond.
7. Heat glaze ingredients together in a small saucepan over a medium heat. Reduce by half.
8. Preheat oven to 200°C.
9. Brush gammon with glaze and roast for 20-30 minutes, basting with more glaze from time to time until golden and caramelised.
10. Slice and serve.



# OUT & ABOUT



Cape Town may be some distance from Santa's workshop in the North Pole, but that doesn't mean you can't celebrate the Christmas holidays here. Sure, you'll have to trade in the snow for some soft white beach sand, but a sunny Christmas can be magical too! There is plenty to do over the festive season in the Mother City. Here are just some of the activities to keep you busy.

## CHRISTMAS MARKETS

Christmas shopping can be tiresome, especially when you could be lying on Clifton beach or hiking up Table Mountain. Cape Town's markets are downright delightful and social way to get your shopping done.

If you're the organised type (who doesn't leave shopping for the last minute), you might want to check out the events happening in early December. Cape Gift Market is held at the Sea Point City Hall and has been running for over a decade, and the Stellenbosch Kersmark features crafts and baked goods from over 180 artists and crafters.

Mid-December offers up the Fab Ideas Christmas Market in Kommetjie, and the Lourensford Christmas Market, where you can sip on a glass of wine between browsing through gifts and stocking your pantry with yummy festive foods.

If you've left gift-buying to the last minute, the Pinelands Craft and Gift Fair runs until 22 December 2018. There, you'll find handcrafted cards and decorations, treats, woodwork, jewellery, plants, clothing and even vintage furniture.



## FESTIVAL OF LIGHTS

Every December, festive lights illuminate Adderley Street in Cape Town. You can check out the lights any night during the festive season, but it's worth going to the official turning-on of the lights. The switch-on ceremony usually happens on the first Sunday of December, when Adderley Street plays host to a huge free street party.

There are stalls lining the street selling everything from food to Christmas gifts, and a live concert kicks off mid-afternoon. When the sun sets, the mayor officially turns on the lights and the colourful Christmas-themed lights depicting some of the city's history brightens up Adderley Street.

# CHRISTMAS IN CAPE TOWN



## CAROLS BY CANDLELIGHT

Kirstenbosch Botanical Garden is the most obvious choice if you are looking to unleash your inner chorister. Held over four nights in the middle of December, the Carols at Kirstenbosch are a fundraising initiative of the Rotary Club of Kirstenbosch. The 30-year-long tradition sees families picnicking on the beautiful lawns whilst various popular musicians take to the stage. When the sun sets, glow sticks (not candles) are handed out, and the carols begin. Over the four days, this event attracts 20,000 visitors, so be sure to buy your tickets early!

The V&A Waterfront Amphitheatre usually hosts a choir around Christmas time too, and a number of wine farms also host carol events.

## GALILEO OPEN AIR CINEMA, KIRSTENBOSCH

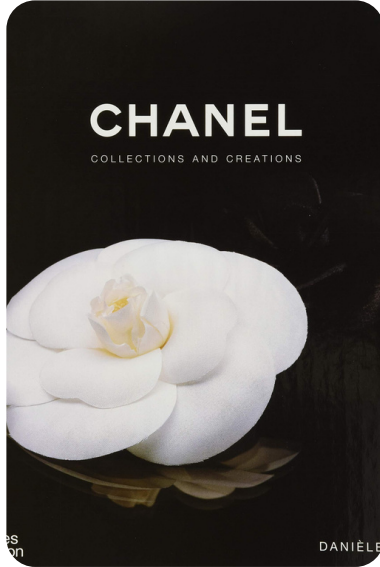
The Galileo Open Air Cinema will be screening the classic, Home Alone, at Meerendal Wine Estate. Tickets get you a backrest, picnic blanket, something sweet to eat, and a Christmas hat. You can pack your own picnic, or buy food at the venue. There are halaal and vegetarian options, and you'll find a huge selection including popcorn, craft beers and ciders, nachos and burritos, pizza, burgers, and boerewors rolls. Rumour has it that Santa and his helpers will be paying The Galileo a friendly visit. This is a great option for families with kids, and what better way to spend a Cape Town Christmas than lounging on the grass with a picnic and ice cold drinks.

## SANTA'S VILLAGE AT THE V&A WATERFRONT

Join Santa's workers in the North Pole where they will set up Santa's Village at the V&A Waterfront's Victoria Wharf. Santa will with children to find out what they would like for Christmas. The Village opens on Saturday 8 December and runs until Monday 24 December. It will be open all day and is free to enter.



# GOOD READS



## CHANEL by Daniele Bott

Chanel's combination of tradition, originality and style has always made it the most seductive of brands. Here the House of Chanel opens its private archives, revealing a galaxy of brilliant designs created by Coco Chanel from the 1920s onwards, and now reinterpreted to become the motifs for brand new garments, accessories and beauty products.

Inspired by the House's signature fragrance, the legendary 'Chanel No 5', the book explores five central themes – the suit, the camellia, jewelry, fragrances and make-up, and the little black dress – and follows the threads from past to present to show how these key items have been rediscovered and reinvented by fashion designers working in the footsteps of their illustrious predecessors. This visual journey is enhanced by previously unpublished archive photographs and original drawings by Karl Lagerfeld, as well as glorious images from some of the greatest names in fashion photography.

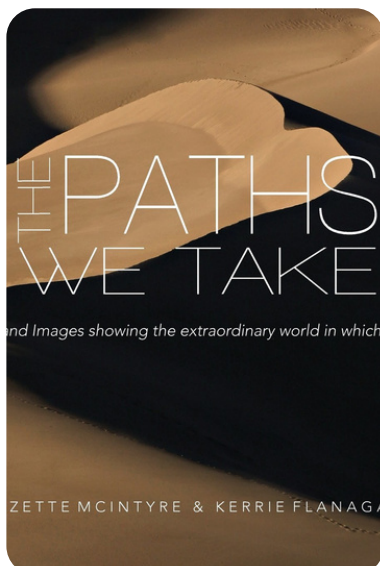
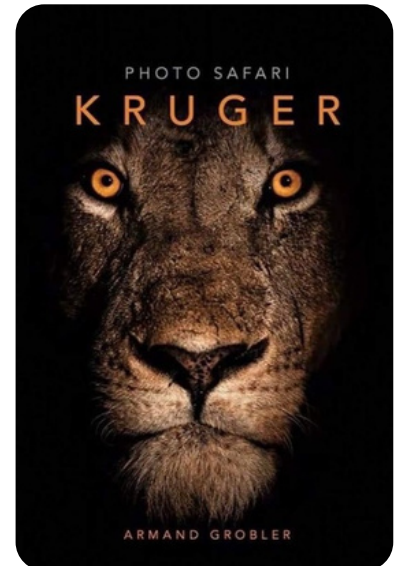
Dazzling clothes, intricate accessories, beautiful models and timeless design leave no doubt as to the lasting fame of the brand and embody everything that has come to symbolize the magic of Chanel.

## PHOTO SAFARI KRUGER by Armand Grobler

Photo Safari Kruger is a collection of inspiring images highlighting the natural splendour and extraordinary wildlife of the Greater Kruger region through the lens of a photographic safari experience. Armand captures emotion and unique interactions of the local wildlife, utilising creative photographic skills and techniques to captivate readers, while sharing his own memorable experiences and safari stories that will keep you entertained on every page.

The book is a large, hardcover book wrapped in a luxurious and artistic dust cover for protection and an exquisite appearance. Text includes exciting stories of Armand's African adventures and hair-raising wildlife encounters as well as wildlife photography tips and inspirational quotes derived from the field.

Published through South Africa's leading wildlife-book publishers [HPH Publishing], Photo Safari Kruger is a creative work of art on the highest level.



## THE PATHS WE TAKE by by Kerrie L. Flanagan and Suzette McIntyre

The places we end up in this life depend on the paths we take. Some paths are smooth, some bumpy, others wind, but all of them are laced with emotion. Kindled by Robert Frost's 1916 poem, "The Road Not Taken," Suzette McIntyre and Kerrie Flanagan explore the paths we DO take.

Through inspirational poetry and stunning photography, this second Words & Images coffee table book will take you from the euphoric high of a mountain top to the lows of peasantry as your travel down busy city streets, illuminated forest paths and lonely country roads. All the while, embracing the idea that no matter where we are on our path, we need to remember to pause, don't look back and enjoy the ride.

Also enjoy the other books in this series: Beauty Surrounds Us and Reflection.