



EVERGREEN NEWSLETTER

ALOE ALOE



EVERGREEN
lifestyle
at lake michelle

“Success is not final, failure is not fatal; it is the courage to continue that counts.”

Winston Churchill

Dear Residents,

I hope you have all had a great week. I am sure those of you who visited the Lifestyle Centre would have noticed that the elves have been hard at work again and that all the Christmas decorations are all in place. A big thank you to everyone that helped this year.

The main reason for this week's early edition of Aloe Aloe is to remind everyone of the last big social event of the year. Please join us later today for our annual Christmas Market and Carols. Carol booklets to share will be provided at reception.

I am also happy to advise you that we are almost fully booked for our Christmas Eve Dinner, filling up quickly for New Year's Eve and we still a fair number of seats available for the Christmas Lunch Buffet. Please be reminded that bookings for the 24th and 25th close on the 19th of December and on the 23rd for the New Year's Eve.

Bookings can be made directly with the Bistro.
(Note: All these meals will be prepared on site by the Village Team)

Also in this week's edition, we stick to summer healthcare tips and highlight symptoms of sunstroke and the importance of staying hydrated. We also continue with the festive meal planning and look at a few plant based side dishes that will help you cover all the dietary needs around the dining table. We end off with a few weird and wonderful Christmas traditions from around The world in.

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

Regards
Riaan and the Evergreen Team

12 - 18 DECEMBER

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Your weekly guide to sport & recreational activities in the Village

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WEEKLY ACTIVITIES

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



MONDAY 12 DEC	09h00 Ends 14 Dec – Restart 4 Jan 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 13 DEC	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	
WEDNESDAY 14 DEC	09h00 Ends 14 Dec – Restart 4 Jan STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	10h00 14 DEC CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
THURSDAY 15 DEC	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2143	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	10h30 TÁI CHI ACTIVITY ROOM 1 Robert ext. 22129	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	
FRIDAY 16 DEC	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		
SATURDAY 17 DEC					
SUNDAY 18 DEC			From 12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

18 DECEMBER

SUSAN ABRAHAM - Noordhoek

ANNIVERSARIES

12 DECEMBER

BOB & MEL BALL - Noordhoek

16 DECEMBER

DAVID & CARRYL FROST - Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPTION 1

OPTION 2

MONDAY 12 DEC	Cornish pie, gravy, parsley rice & roasted butternut	Bacon & mushroom quiche with Greek salad
TUESDAY 13 DEC	Thai fish cakes, sweet & sour sauce, savoury rice & stir-fried vegetables	Salisbury steak, garlic potatoes & green beans
WEDNESDAY 14 DEC	Beef bourguignon, basmati rice & mixed salad	Chicken kebabs, sweet potato wedges & seasonal vegetables
THURSDAY 15 DEC	Toasted bacon & cheese pita, chips & coleslaw	Spaghetti Bolognese & garden salad
FRIDAY 16 DEC	Fried/Grilled Hake with Chips, Fresh Lemon, Tartar Sauce & Coleslaw	No Dinner on 16 December
SATURDAY 17 DEC	Beef burger with blue cheese, caramelised onion & chips	Chicken, butternut & feta lasagna with Greek salad
SUNDAY 18 DEC	See Full Menu	

OPEN DAILY

08H00 - 16H30

BOOK ON
EXT 2404

DAILY MEAL
ORDERS BY 12H00

BREAKFAST R65

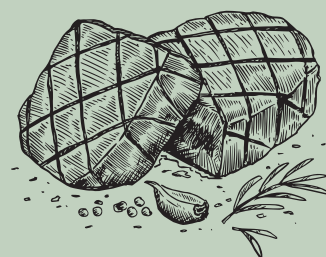
SERVED FROM
08H00 - 11h00

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

Rosemary roasted beef with Yorkshire pudding, roast potato & seasonal vegetables

DESSERT

Tipsy tart with vanilla ice cream

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



TOO HOT TO HANDLE

Soaking up some sunshine can feel great. Overheating feels horrible. In fact, it can be life threatening. Here's what you need to know from the get go. As a car engine that overheats can seize and stop working, so can your body. Heat stroke or sun stroke is a dangerous condition that happens when the body continues to heat up and can't cool itself down. If not treated immediately, internal organs can be damaged, and the person could go into a coma and die as a result. Heat stroke is often preceded by heat exhaustion and muscle cramps from excessive sweating and fluid loss because of overheating.

WHAT CAUSES HEAT STROKE?

Excessive exposure to the sun or heat, along with dehydration, are the usual and obvious causes of heat stroke, but it can also be caused by medication, like some cancer treatments, and certain types of general anaesthetic. A very hot and humid environment is the usual cause of heat stroke, and this would be exacerbated by strenuous exercise, hard physical labour or a fever. Quite surprising to know is that overeating and drinking alcohol may also contribute to the onset of heat stroke.

Our normal body temperature is between 36°C and 37°C. When you're too hot, your body first tries to cool you down by increasing blood flow to the skin, sweating and breathing out hot air. If blood temperature rises above normal, the hypothalamus in the brain instructs blood vessels to increase in size to allow more blood to flow to the skin and to be cooled by the outside air. But if the surrounding air is too hot or too humid for sweat to be evaporated to cool the body, the body's cooling system goes into overdrive and shuts down. This, along with too much salt lost through excessive sweating, can cause heat stroke. A patient with heat stroke usually has a body temperature above 39°C.

WHO IS AT RISK?

Actually, anyone who exerts themselves in excessively hot or humid conditions or who is overexposed to heat can suffer from heat stroke. However, young children and older folks are more susceptible, along with folks with chronic health conditions such as obesity, diabetes or heart failure – conditions which can all impede heat loss. Certain common medications can also interfere with the body's thermostat and cooling, and include anti-depressants, antihistamines, gastrointestinal drugs, cardiovascular medications and diuretics.

ARE THERE TYPICAL SIGNS AND SYMPTOMS?

Yes there are, and they are generally easy to spot too. The person will have a very hot and dry skin that is red and flushed, but there is no sweating. Their skin may then turn pale or purple and feel clammy. This could be accompanied by a headache, muscle cramps in the arms, legs and abdomen, dilated pupils, hyperventilating or showing signs of confusion. Dizziness, nausea or stomach pains, a weak but rapid pulse rate and a drop in blood pressure are also symptoms of heat stroke, along with fever or cold shivers. There may even be temporary blindness. Rapid, shallow breathing, lethargy, convulsions and even loss of consciousness is possible in severe cases when body organs begin to fail. Sometimes, heat stroke comes on suddenly, other times it can take a few days to manifest.

HOW DO YOU TREAT IT?

Fast treatment for heat stroke is essential because the body temperature needs to be rapidly decreased to within normal limits – or organ damage, brain injury or even death may occur. Until emergency medical help arrives, ensure that the patient stops all physical activity immediately, move them to the coolest area available or create shade for them to lie under. Loosen or remove excess and synthetic clothing, but do not strip them naked. Lie the patient on their back with their feet elevated to direct blood flow back to the head, and fan them while pouring cool water over their body or covering them in wet towels especially on the head, neck, armpits, and groin. Move them into an air-conditioned room or use ice packs on their face and neck. If you can, immerse them in a bath of cool water but not very cold water. If water is too cold, it can drop the body temperature too low and cause hypothermia.

To ease cramps, gently rub them and sponge them with warm water – and encourage the patient to stretch the muscles as much as possible. Give the person cool water to sip or a rehydration drink if it is available and they can swallow it safely. A teaspoon of sugar and a teaspoon of salt dissolved in a litre of water will also help as an interim measure if rehydration salts are not immediately available. Perform CPR if the patient stops breathing and do not give the patient any medication whatsoever.

WHEN DO YOU CALL THE DOCTOR?

Doctors will treat heat stroke according to its severity, after taking blood pressure and temperature readings to prevent hypothermia or the body temperature dropping too low. Blood and urine may also be taken to test salt and electrolyte levels so fluid therapy can be given to correct these imbalances.

If the patient is confused, agitated, has extreme fatigue, muscle aches, fever, nausea, convulsions or loses consciousness – call for medical help immediately as emergency treatment is needed.



WHAT CAN BE DONE TO PREVENT HEAT STROKE?

Actually there are plenty of common sense practices to avoid heat stroke. Most important is simply to avoid overheating and to stay well hydrated. Dehydration causes a heat stroke patient to deteriorate quickly and the condition becomes very serious.

If you are in a hot environment, keep drinking water and rehydration drinks – don't wait to be thirsty first. Don't exercise in extreme heat and keep meals light and without hot spices. Rest during the heat of the day and get out of the sun. Coffee and alcohol are diuretics and will further dehydrate you. If you are in a new hot environment, take time to acclimatize. Always wear a hat and sunscreen, light, loose cotton clothing and limit exposure to the sun. Use fans and air-conditioners to cool down and open windows for ventilation.

EARLY SIGNS OF DEHYDRATION INCLUDE:

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy, lightheaded or tired
- a dry mouth, lips and eyes
- peeing very little and fewer than four times a day

ADVANCED SIGNS OF DEHYDRATION:

- not peeing at all or having very dark yellow pee
- very dry skin
- feeling dizzy
- rapid heartbeat and breathing
- sleepiness and sunken eyes
- no energy
- confusion
- irritability
- fainting

WHAT'S COOKING?



VEGETARIAN-FORWARD SIDE DISHES

Christmas isn't just about the turkey! Surprise your vegetarian guests with these delicious plant-based sides, perfect for the festive table or a family braai!

JERK SPICED TOFU

Tofu is often chosen last as a plant-based protein because there are so few recipes that take it to its full flavour potential. I've used jerk marinade to bring everything together in a chorus of spicy, sweet, smoky flavour.

INGREDIENTS:

- 4 limes, juiced
- 1 t ground nutmeg
- 1 t whole allspice
- 1 t dried thyme
- 2 habanero chillies
- 1 thumb-sized piece ginger
- 100 g spring onion, sliced
- 1 onion, roughly chopped
- 120 g brown sugar
- 4 cloves garlic
- 1 T paprika
- ¾ cup sunflower oil, plus extra for frying
- 700 g extra firm tofu, sliced 1 cm thick
- For the vegetables:
- 4 T extra virgin olive oil
- 100 g green beans, trimmed
- 100 g asparagus
- 100 g mangetout
- 100 g fresh peas
- 100 g edamame beans
- 100 g Tenderstem broccoli 100 g
- 1 x 400 g can butter beans, drained and rinsed
- sea salt and freshly ground black pepper
- 1 lime
- For the remoulade, blend:
- 100 g baby spinach, washed
- ½ cup vegan mayonnaise
- 1 T Dijon mustard
- 1 lemon, zested and juiced

GLAZE:

- 1 cup (250ml) pineapple juice
- ¾ cup (180ml) honey
- ½ cup (125ml) dark rum
- 2-3 star anise
- 1 stick cinnamon

For serving:

- Fresh coriander, fresh cherries and pomegranate rubies

COOKING INSTRUCTIONS

1. Place all the ingredients except the tofu in a blender and blend until smooth. Coat the tofu slices in the marinade and chill for 1 hour.
2. Heat a griddle or non-stick pan and coat with oil. Gently fry the tofu on both sides for 3-4 minutes, or until it develops a crust and is golden brown. Set aside.
3. To make the vegetables, heat the olive oil in a pan. Sauté the vegetables until soft but not overcooked, about 7-8 minutes. Stir in the butter beans. Season and squeeze over the lime. To serve, arrange the vegetables on a platter, top with the tofu and spoon over the remoulade.

SWEETCORN BAKED IN COCONUT MILK

Corn and coconut is such a moreish combo. This is an elevated way to enjoy something that's already a regular braai fixture on all our tables

INGREDIENTS:

- 4 cobs sweetcorn
- 1 x 400 ml can coconut milk
- crushed garlic, ginger, chili and turmeric (to taste)
- salt and freshly ground black pepper, to taste
- 200 g butter, cubed

COOKING INSTRUCTIONS:

1. Heat a griddle pan and roast the corn until charred, then place in an ovenproof dish.
2. Preheat the oven to 200°C. Combine the remaining ingredients except the butter and pour over the corn. Top with the butter. Cover with tin foil and bake for 20 minutes or until the corn is tender.

ROAST POTATO WITH DEVILLED EGG DRESSING

This potato salad could end the 'egg or no egg' debate by turning them into a deliciously creamy dressing instead of just adding them boiled and chopped.

INGREDIENTS:

- 700 g Mediterranean potatoes, washed
- 1 T salt
- 4 T extra virgin olive oil
- 100 g spring onions, thinly sliced
- For the devilled egg dressing:
 - 4 large free-range eggs
 - ½ cup mayonnaise
 - 1 lemon, juiced
 - 4 T extra virgin olive oil
 - smoked paprika 1 t
 - a few sprigs dill, plus extra for serving
 - salt and freshly ground black pepper

COOKING INSTRUCTIONS

1. Bring the potatoes to a boil and add the salt. Cook for 10–12 minutes, or until a knife pierces them easily. Drain and allow to cool.
2. Flatten the potatoes using a spatula. Heat the olive oil in a non-stick pan. Fry the potatoes until crunchy and golden brown, about 4–5 minutes on each side. Plate and serve with lashings of the dressing, spring onions and dill.
3. To make the dressing, boil the eggs for 8 minutes. Once cool, peel carefully in a bowl of cold water. Cut the eggs in half and blend with the remaining dressing ingredients until smooth.



CHEESE & ATCHAR DINNER ROLLS

Bread is important on a festive table and this one is like a really good grilled cheese in roll form. You can bake the bread the night before but you can also do it earlier and freeze. Thaw and reheat at 160°C for 10 minutes.

INGREDIENTS:

- 800 g cake flour
- 10 g instant dry yeast
- 40 g brown sugar
- salt, to taste
- 100 g vegetable atchar, plus extra for serving
- 200 g Cheddar, grated
- 100 g spring onions, finely sliced
- 3 cups lukewarm water
- 200 g cream cheese

COOKING INSTRUCTIONS

1. Preheat the oven to 180°C. Lightly grease a 20 cm springform cake tin with oil. Place all the dry ingredients in a bowl. Add the atchar, cheese and spring onions and combine well.
2. Using a metal spoon, stir in the lukewarm water to make a shaggy dough. Keep stirring until a firmer dough begins to form. If the mixture is too runny, add more flour until you have a malleable dough. Knead on a clean surface for about 10 minutes.
3. Place the dough into a glass bowl, cover with a clean tea towel and set aside to prove until doubled in size. Knock down the dough and, using lightly greased hands, roll the dough into balls and neatly arrange in the baking tin. Prove again for another 20 minutes. Bake for 30–40 minutes, or until the rolls are cooked through and golden brown. Serve with the cream cheese and extra atchar.

DID YOU KNOW?

Weird And Wonderful Christmas Traditions From Around The World



It's the most wonderful time of the year. For a couple of weeks every year the world takes on a magic glow! Whether you're celebrating a religious festival, like Hanukkah or Christmas, or a more secular occasion, you're sure to have your own selection of rituals or customs that make the holiday season so special. Our favorite Christmas traditions around the world are loud, proud, and guarantee oodles of festive fun.

THE GIANT LANTERN FESTIVAL, PHILIPPINES

(Ligligan Parul Sampernandu) is held each year on the Saturday before Christmas Eve in the city of San Fernando – the “Christmas Capital of the Philippines.” The festival attracts spectators from all over the country and across the globe. Eleven barangays (villages) take part in the festival and competition is fierce as everyone pitches in trying to build the most elaborate lantern. Originally, the lanterns were simple creations around half a metre in diameter, made from ‘papel de hapon’ (Japanese origami paper) and lit by candle. Today, the lanterns are made from a variety of materials and have grown to around six metres in size. They are illuminated by electric bulbs that sparkle in a kaleidoscope of patterns.



GÄVLE GOAT, SWEDEN

Since 1966, a 13-metre-tall Yule Goat has been built in the center of Gävle's Castle Square for the Advent, but this Swedish Christmas tradition has unwittingly led to another “tradition” of sorts – people trying to burn it down. Since 1966 the Goat has been successfully burned down 29 times – the most recent destruction was in 2016. If you want to see how the Goat fares this year when it goes up on December 1st, you can follow its progress on the Visit Gävle website through a live video stream.

NORWAY

Perhaps one of the most unorthodox Christmas Eve traditions can be found in Norway, where people hide their brooms. It's a tradition that dates back centuries to when people believed that witches and evil spirits came out on Christmas Eve looking for brooms to ride on. To this day, many people still hide their brooms in the safest place in the house to stop them from being stolen.

KRAMPUS, AUSTRIA

A beast-like demon creature that roams city streets frightening kids and punishing the bad ones – nope, this isn't Halloween, but St. Nicholas' evil accomplice, Krampus. In Austrian tradition, St. Nicholas rewards nice little boys and girls, while Krampus is said to capture the naughtiest children and whisk them away in his sack. In the first week of December, young men dress up as the Krampus (especially on the eve of St. Nicholas Day) frightening children with clattering chains and bells.

LIGHTING OF NATIONAL HANUKKAH MENORAH, WASHINGTON, D.C. – US

The Jewish holiday of Hanukkah is celebrated with much fanfare across the United States with one of the most elaborate events taking place on a national stage. Since 1979, a giant nine-metre Menorah has been raised on the White House grounds for the eight days and nights of Hanukkah. The ceremony in Washington, D.C. is marked with speeches, music, activities for kids, and, of course, the lighting of the Menorah. The lighting of the first candle at the White House takes place at 4pm, rain or shine, and an additional candle is lit each successive night.



KENTUCKY FRIED CHRISTMAS DINNER, JAPAN

Christmas has never been a big deal in Japan. Aside from a few small, secular traditions such as gift-giving and light displays, Christmas remains largely a novelty in the country. However, a new, quirky "tradition" has emerged in recent years – a Christmas Day feast of the Colonel's very own Kentucky Fried Chicken. The festive menu will soon be advertised on the KFC Japan website and, even if you don't understand Japanese, the pictures sure will look delicious with everything from a Christmas-themed standard bucket to a premium roast-bird feast.

SAINT NICHOLAS' DAY, GERMANY

Not to be confused with Weihnachtsmann (Father Christmas), Nikolaus travels by donkey in the middle of the night on December 6 (Nikolaus Tag) and leaves little treats like coins, chocolate, oranges and toys in the shoes of good children all over Germany, and particularly in the Bavarian region. St. Nicholas also visits children in schools or at home and in exchange for sweets or a small present each child must recite a poem, sing a song or draw a picture. In short, he's a great guy. But it isn't always fun and games. St. Nick often brings along Knecht Ruprecht (Farmhand Rupert). A devil-like character dressed in dark clothes covered with bells and a dirty beard, Knecht Ruprecht carries a stick or a small whip in hand to punish any children who misbehave.



THE YULE LADS, ICELAND

In the 13 days leading up to Christmas, 13 tricky troll-like characters come out to play in Iceland. The Yule Lads (jólásveinarnir or jólásveinar in Icelandic) visit the children across the country over the 13 nights leading up to Christmas. For each night of Yuletide, children place their best shoes by the window and a different Yule Lad visits leaving gifts for nice girls and boys and rotting potatoes for the naughty ones. Clad in traditional Icelandic costume, these fellas are pretty mischievous, and their names hint at the type of trouble they like to cause: Stekkjastaur (Sheep-Cote Clod), Giljagaur (Gully Gawk), Stúfur (Stubby), Þvörusleikir (Spoon-Licker), Pottaskefill (Pot-Scraper),

Askasleikir (Bowl-Licker), Hurðaskellir (Door-Slammer), Skyrgámur (Skyr-Gobbler), Bjúgnakrækir (Sausage-Swiper), Gluggagægir (Window-Peeper), Gáttapefur (Doorway-Sniffer), Ketkrókur (Meat-Hook) and Kertasníkir (Candle-Stealer). Visit Iceland this Christmas and catch them all!

