



EVERGREEN NEWSLETTER

ALOE ALOE



EVERGREEN
lifestyle
at lake michelle

“Families are like branches on a tree. We grow in different directions yet our roots remain as one.”

Unknown

Dear Residents,

I hope you have all had a great week and that everyone's Christmas shopping is done. Shopping centers seem to be back to the traditional chaos that we all used to know pre-covid.

As we slow down into the last short stretch before we welcome 2023 we are keeping things simple and the only events we are focusing on are the Christmas Eve and Christmas Day meals being served in the Bistro. We also still have some seats available for the Christmas Lunch Buffet. Please be reminded that bookings for the 24th and 25th closes on Monday, 19th December and on the 23rd for the New Year's Eve should you still wish to book.

Bookings can be made directly with the Bistro.

(Note: All these meals will be prepared on site by the Village Team)

Also note that kitchen and produce orders will be placed before close of business on Monday so any cancellations after that will be subjected to a 50% cancellation fee.

In this week's edition, we look at 6 Unique Christmas traditions from around Africa.

In What's Cooking we share Amazing Christmas recipes perfect for the braai [& loadshedding!] and to pair with this, make your own Easy Christmas Punch in Bottom's Up.

Last but not least I would like to wish everyone a blessed Christmas with family and friends. if you are traveling please do so safely and enjoy your Christmas wherever you are under the warm African Sun.

Regards
Riaan and the Evergreen Team

19 - 25 DECEMBER

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Easy Christmas punch



WEEKLY ACTIVITIES

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



MONDAY 19 DEC	09h00 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 20 DEC	09h00 Restart 10 Jan CALLANETICS ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011		14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	14h30 TABLE TENNIS TABLE TENNIS ROOM Ronnie ext. 2035
WEDNESDAY 21 DEC	09h00 Restart 4 Jan STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	10h00 14 DEC CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		15h00 LINE DANCING PRACTICE ACTIVITY ROOM 1 Shoena ext. 2126	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
THURSDAY 22 DEC	08h45 Restart 12 Jan 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	14h30 TABLE TENNIS TABLE TENNIS ROOM Ronnie ext. 2035
FRIDAY 23 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 24 DEC				14h30 TABLE TENNIS TABLE TENNIS ROOM Ronnie ext. 2035	From 18h00 CHRISTMAS EVE DINNER BISTRO ext. 2404
SUNDAY 25 DEC			From 12h00 CHRISTMAS LUNCH BUFFET BISTRO ext. 2404		14h30 TABLE TENNIS TABLE TENNIS ROOM Ronnie ext. 2035

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

20 DECEMBER

JENNIFER VAN DER KROL - Noordhoek

ERIC SMITH - Noordhoek

24 DECEMBER

CARYLL FOAD - Lake Michelle

ANNIVERSARIES

20 DECEMBER

PETER & MARJORIE LEVER - Noordhoek

21 DECEMBER

GRAHAM & MAUREEN MCLEOD - Noordhoek

22 DECEMBER

DAVID & AUDREY DICKASON - Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPTION 1

OPTION 2

MONDAY 19 DEC	Southern fried chicken, cheese sauce, savoury rice & Greek salad	Tomato bredie, savoury rice & sweet butternut
TUESDAY 20 DEC	Beef bobotie, yellow rice, carrots & baby marrows	Pork & apple pot pie, garlic potatoes & garden salad
WEDNESDAY 21 DEC	Lemon & herb chicken, garlic potatoes & roasted vegetables	Beef curry, basmati rice, tomato & onion sambals with roasted vegetables
THURSDAY 22 DEC	Beef meatballs, gravy, parsley rice & pan-fried greens	Lambs liver, onion gravy, mashed potato, sweet carrots & green beans
FRIDAY 23 DEC	Fried/grilled hake with chips, fresh lemon, tartar sauce & coleslaw	Sweet & sour kassler chop, mashed potatoes & coleslaw
SATURDAY 24 DEC	Beef lasagne, garlic roll & Greek salad	Bacon, butternut & feta phyllo tart, garlic potatoes & garden salad
SUNDAY 25 DEC	Christmas Lunch	

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

Merry
Christmas



GOOD TO KNOW

6 UNIQUE CHRISTMAS TRADITIONS FROM AROUND AFRICA



Although for many of the African countries Christmas comes during the summer months, accompanied by lots of sunshine and colourful flowers in full bloom, the spirit of Christmas on this continent remains the same. All African countries share the global tradition of families getting together. Here, many families are separated for much of the year, with parents and grandparents living in remote villages whilst the younger generation are often far from home in towns and cities, and this special time of the year brings them all together!

While many Christmas traditions of Southern Africa were instilled by the British during the colonial era and are very similar to the traditions we have back home, Christmas celebrations in the Northern Africa region are very unique from country to country. Volunteering in Africa is our specialty. For many years we have been building and developing our projects hand-in-hand with local African communities, and their traditions have grown to become our own. We love sharing the festive spirit of Africa and we have prepared this article for you to understand what to expect when volunteering with us during this most magical time of the year!

FAMILY CHRISTMAS IN ZIMBABWE

In Zimbabwe, for many people, Christmas day starts with a special church service, and the children, dressed in their best clothes, sing the songs that they have practised for this special day. After church, the whole family gather together to start a celebration and feast. But instead of spending the whole time at home, people traditionally go door to door to visit all of their family's and friends' parties before finally returning back to their own.

Another common tradition of a Zimbabwean Christmas is for people to decorate only the main room of their house, and ivy is as important as a Christmas tree in Zimbabwe when it comes to decor.

CHRISTMAS NATIVITY GAMES IN ZAMBIA

As religion plays an important role in the life of Zambian people, during these dates it can't be missed especially. Many churches in Zambia perform nativity games and have a crib in the church. In addition, a couple of days before Christmas you can hear beautiful carols being sung in the local streets.

In Zambia, the festive season is also spent with family. On the morning of the 25th of December, the whole family exchanges gifts, just like the tradition in the UK.



CHRISTMAS FEAST IN TANZANIA

Just like in the rest of the world, a good Christmas dinner in Tanzania is a good sign. Here, families often buy a cow or a goat in January to feed it up in time for Christmas in preparation to eat it on Christmas Eve. Many villages also brew their own beer to accompany the meat.

Going to church on Christmas Day is very common too and many people leave home early in the morning, dressed up in new clothes, to celebrate with the community.



BRAAI FOR CHRISTMAS IN SOUTH AFRICA

On Christmas day in South Africa, people also visit family and friends and often choose to go to the countryside to enjoy the summer sun. Those who stay in the cities, like to take their dinners out to their verandas and gardens or organise a “braai” (South African barbeque).

Boxing day is also a public holiday in South Africa, so people continue celebrations with festive meals, presents and picnics outside.



THE BIGGEST FESTIVITY IN KENYA

Christmas in Kenya is considered one of the biggest festivities of the year. In the villages, as they gather in their hundreds, mealtimes blend into each other and members of the family dance and sing around the fire.

The typical Christmas meal is meat stew with potatoes and vegetables, accompanied by chapati or corn cake, as well as goat or cow meat on the grill.

COPTIC CHURCH CHRISTMAS TRADITIONS IN EGYPT

Most Egyptian Christians belong to the Coptic Orthodox Church and they are the only part of the population who celebrate Christmas. The Coptic Orthodox Church follows the Coptic calendar, so Coptic Christians celebrate the birth of Jesus Christ on January 7th. The 43 days before Christmas, called Advent, lasts from November 25th to January 6th.

On Christmas Eve, January 6th, Coptic Christians attend a special church service, which normally starts around 10 pm and concludes shortly after midnight, but some last until dawn. When the Christmas service ends, they return home to break their fast with big Christmas feasts. All the dishes contain beef, poultry, eggs, and all the other things they didn't eat during the Advent fast. On Christmas Day, people come together for parties and festivities.

WHAT'S COOKING?

AMAZING CHRISTMAS RECIPES PERFECT FOR THE BRAAI [& LOADSHEDDING!]



Breaking the traditional Christmas lunch protocol by lighting the fire or just making sure Eskom doesn't ruin Christmas, grab some drinks and enjoy a full Christmas feast done on the braai. If you're having friends and family over or away on holiday, enjoy these summery recipes that can easily be prepared on those open coals.

BBQ CAULIFLOWER NUGGETS WITH A SOUR CREAM & CHIVE DIP

Ingredients

DIP:

250ml sour cream, 2 medium tomatoes, 2 fresh chives, finely chopped, 1 spring onion, chopped, 20ml red wine vinegar, salt and freshly ground black pepper.

CAULIFLOWER NUGGETS:

125ml plain yoghurt, 125ml milk, 125ml cake flour, 30ml brown onion soup powder, 15ml smoked paprika, 5ml roasted & ground masala powder, 5ml sugar, a pinch salt, oil for deep-frying, 480g whole head cauliflower.

BBQ SAUCE

60ml tin tomato puree, 60ml tomato sauce, 15ml sugar, 10ml red wine vinegar, 10ml Worcestershire sauce, 2.5ml garlic cloves, finely chopped, 2.5ml paprika, pinch salt, fresh basil to garnish

Method:

For the dip, place everything in a food processor & puree until smooth. Season to taste and store in the fridge until needed.

For the cauliflower nuggets, make the batter by combining the yoghurt, milk, flour, soup powder, paprika, masala, sugar and salt together and whisking until smooth.

Heat the oil for deep-frying to 180°C.

Pre-heat the oven to 250°C. Line a baking tray with baking paper.

Cut the cauliflower into even-sized chunks. Try keep as much of the florets in tact. Dip the cauliflower in to the prepared batter, shake off most of the excess and place it in the warm oil. Fry the cauliflower off in batches for about 1-2 minutes until golden and crisp. Allow to cool for 5 minutes.

For the BBQ sauce, whisk everything together in a mixing bowl. Brush each cauliflower nugget generously with the BBQ sauce and place on the lined baking tray. Cook in the oven for 10-12 minutes until lightly charred. Serve it warm with the dip on the side and garnish with basil, if you prefer.





SPINACH AND CHEESE BRAAI PIE

Ingredients

2 rolls (400 g each) puff pastry, 1 onion – sliced, 2 handfuls baby spinach, 1 50g packet white onion soup powder, 2 rounds feta cheese – crumbled, 100g mozzarella cheese – grated, 60ml parmesan cheese – grated, 1 egg – whisked

Method:

1. Grease a clean folding braai grid with nonstick spray.
2. Unroll one sheet of pastry and place carefully on the cold braai grid. Top evenly with the onion and spinach. Sprinkle the soup powder over.
3. Sprinkle the feta, mozzarella and parmesan cheeses on top.
4. Unroll the second sheet of pastry and put on top of the filling. Use a fork to seal the edges.
5. Brush the pastry with the whisked egg on both sides, close the braai grid and braai over moderate coals for 20-30 minutes or until golden brown and done on both sides.

BRAAI LEG OF LAMB WITH CHIMICHURRI SAUCE, CAULIFLOWER PUREE AND POMEGRANATE JEWELS

Ingredients

LEG OF LAMB

60ml olive oil, 60ml red wine, 30ml balsamic vinegar, 30ml barbecue spice, 15ml dried oregano, 15ml dried rosemary, 15ml yellow mustard seeds, 5ml salt, 2.5ml garlic powder, 1.2kg lamb – deboned

PUREE

900g cauliflower – cut into florets, 1 1/2 courgettes – grated, 180ml cream, 1 garlic clove – finely chopped, salt and freshly ground black pepper



CHIMICHURRI SAUCE

1/2 large red onion, 250ml olive oil, 1 cup fresh basil - chopped, 1/4 cup fresh chives - chopped, 1/4 cup fresh coriander – chopped 30ml red wine vinegar, 10ml garlic cloves – chopped, salt and freshly ground black pepper, 60ml pomegranate rubies, 60ml pine nuts – toasted, handful micro herbs to serve.

Method:

For the leg of lamb, whisk all of the ingredients, except for the lamb, together. Place the lamb in a large Ziploc bag and pour in the marinade. Seal and shake. Refrigerate for at least 30 minutes or overnight. Braai over hot coals for 20-25 minutes until medium rare. Baste it with the marinade while cooking. Turn regularly and cook longer, if preferred. Allow the meat to rest under a piece of foil for at least 5 minutes. Cut into thin slices and serve warm or at room temperature.

For the puree, puree the cauliflower until smooth. Heat the zucchini, cream and garlic in a saucepan over medium heat and simmer for 1 minute. Combine with the pureed cauliflower and season it to taste.

For the chimichurri sauce, place everything in a food processor and puree until fine. Season it to taste.

Serve the meat on top of the puree and add a generous drizzle of the chimichurri sauce. Scatter the pomegranate seeds, pine nuts and micro herbs on top. Serve it with the remaining chimichurri sauce on the side.

BOTTOMS UP!

EASY CHRISTMAS PUNCH



This easy Christmas Punch made with vodka is going to be the highlight of your party. Super simple to make and absolutely delicious. Make it a non-alcoholic Christmas punch by leaving out the vodka and serving it on the side!

INGREDIENTS

- **Vodka:** use a mid to high level vodka for this. A good mid level is Titos and a high level is Gray Goose. If you are looking for something more budget friendly, try Kirkland's vodka. It wins against top shelf vodka in blind taste tests.
- **Pomegranate Liqueur or juice.**
- **Cranberry Juice Cocktail:** Be sure to buy the cocktail and not plain cranberry juice. The regular juice is bitter, but the cocktail variety has a subtle sweetness that works much better in this.
- **Lemon Lime Soda:** Sprite and 7UP both work very well in this recipe.
- **Pineapple Juice**
- **Ginger Ale**

METHOD

Gather all of your ingredients and ensure that all are very cold. You don't add ice to this punch because we don't want to dilute it. Combine everything in a punch bowl.

You want to do this right before your party starts. It will take about 5 minutes to whip this up, so it is the perfect thing to do last minute. Garnish the punch by floating orange slices and fresh cranberries in it. If you can find a pomegranate or pomegranate seeds, those are great too!

SUBSTITUTIONS AND VARIATIONS

This Christmas Punch is pretty forgiving, so you can play with it a little and see what you like best. Here are some ideas.

If you don't want to spring for the pomegranate liqueur, buy some pomegranate juice instead. (Just swap it one for one.) If you are not a big fan of pineapple juice, lemonade is also delicious in this recipe. (Just swap it one for one.)

You could make this recipe family friendly by using pomegranate juice and leaving out the vodka or setting it out to the side and topping it with some orange sherbet.

If you don't like ginger ale, skip it. The taste of the punch is great as it is, you can always add in some ginger ale at the end. It is great with or without it.

Add in some champagne. Swap the soda for champagne completely, or fill a glass half with champagne and half with punch.