



Noordhoek Retirement Village

# The Village Newsletter

What's Happening at Evergreen Noordhoek & Lake Michelle



Monday 20 <sup>th</sup> July	Tuesday 21 <sup>st</sup> July	Wednesday 22 <sup>nd</sup> July	Thursday 23 <sup>rd</sup> July	Friday 24 <sup>th</sup> July	Saturday 25 <sup>th</sup> July	Sunday 26 <sup>th</sup> July
<p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p> 	<p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p> 	<p><u>9am – 9.40am</u> Stretch (with masks) + Social Distancing</p> <p><u>10.30am</u> Kind2Hearing</p>  <p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p>	<p><u>10am</u> Knitting in Fynbos Social distancing and masks – Sanitizer provided</p> <p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p> 	<p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p> 	<p><i>National Wine &amp; Cheese Day – See Attached</i></p> <p><u>10.30am</u> Roadside chat</p> <p><u>3.30pm</u> The Willing Weeders – weather permitting at the Veggie boxes – Masks please</p> 	<p><u>10.30am</u> Roadside chat</p> 

## CLASSICAL CORNER *by Peter Lever*

This week I am taking you back into an orchestral work - ***Finlandia*** by Jean Sibelius is an example of a Symphonic or Tone Poem. This is a musical composition based on or representing a literary work or traditional story. Sibelius wrote this in 1899 for the Finnish Press Celebrations of that year – in fact it was a covert protest against increasing censorship from the Russian Empire. At that time the country was the Grand Duchy of Finland dominated by the Czars of Russia from the early 19<sup>th</sup> Century – prior to that Finland had been largely a part of Sweden. After the Russian Bolshevik revolution Finland finally achieved its independence in December 1917. This emotionally stirring work is considered by most Finns to be their second national anthem.

<https://www.youtube.com/watch?v=qOSaT6U4e-8>

This performance shows the quality and variety of sound available when a large orchestra is skillfully used – the brass section in particular has a major role in the work. It's also not often that an orchestra can boast having eight Double Bass players performing. Quite often, when a performance of a work has made a deep impression on the audience you will find, as here, that there is a short moment of silent appreciation before the applause starts, instead of the frenzied outburst even as the last note is still reverberating that some enthusiasts often manage to throw in.

Enjoy "*Finland Awakes*" - **Peter Lever**

**Remember – click on the e-link at the top of this Village Circular – sorry for the short adverts at the start**

Jean Sibelius , born Johan Julius Christian Sibelius (8 December 1865 – 20 September 1957), was a Finnish composer and violinist of the late Romantic and early-modern periods. He is widely recognized as his country's greatest composer and, through his music, is often credited with having helped Finland to develop a national identity during its struggle for independence from Russia.



The opening of the new Helsinki Music Hall  
August 31, 2011



## “A DAY TO GIVE”

Thank you for donations and care packs received for Mandela Day which are delivered to Living Hope.

*Living Hope* undertakes community development through educational, social, income generation and health related programs.



We are grateful for the donations from the Knitting group for the Maternity Ward at the False Bay Hospital.



-Living Hope-  
Spreading  
the Love.  
Our residents  
are  
awesome!

## RECIPE OF THE WEEK

### QUICK YEAST-FREE GINGER BEER

**Makes:** 1 litre

**Ingredients:**

150g fresh ginger, peeled

Finely grated rind and juice of 2 lemons

60-75ml (4-5 tbsp) sugar

1 litre sparkling water

Ice and finely sliced fresh ginger (optional), to serve



#### How to brew it:

1. Grate the ginger on the fine side of a grater over a jug to capture both the grated ginger and any juice.
2. Add the lemon rind and juice and mix through.
3. Stir through the sugar and let the mixture stand for 30 minutes to allow the flavours to infuse.
4. Just before serving pour over the sparkling water and stir through. Add ice cubes and finely sliced ginger, if using, and serve in glasses.

## BIRTHDAYS THIS WEEK

### Famous Birthdays

20 July - Alexander the Great  
(356 BC - 323 BC) King of the  
Ancient Greek kingdom of  
Macedonia.

21 July - 1899 Ernest Hemingway,  
American author

25 July – Iman, Somalian-English  
model & actress



### Noordhoek

20 Nomusa Madlala  
21 Wendy Wrench

### Lake Michelle

20 Rosemary McNeill  
25 Jean Thomas

Birthstone:  
RUBY



## INTERESTING



Pineapple beer has reclaimed its position as Mzansi's go-to drink thanks to the National Coronavirus Command Council which re-imposed the ban on the sale of alcohol under lockdown level 3. Before the president could conclude his address, pineapple started trending on Twitter as some asked for the pineapple beer recipe, while others joked that its prices would increase after the booze ban.

## PHOTO COMPETITION



**The Theme for July  
Photographic Competition  
is - MOUNTAINS -**

Email your entry to  
[photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)  
With Name,  
Village & Caption  
Winner announced  
in December

## LAST WEEK'S WEATHER



## A TRIBUTE TO VERA LYNN

### **Thank you, 'Lainey' for bringing Vera Lynn to the Villages!**

Dame Vera Margaret Lynn CH DBE OSTJ was an English singer, songwriter and entertainer whose musical recordings and performances were very popular during the Second World War. She was widely referred to as the "Forces' Sweetheart" and gave outdoor concerts for the troops in Egypt, India and Burma during the war as part of Entertainments National Service Association.

The songs most associated with her are "We'll Meet Again", "The White Cliffs of Dover", "A Nightingale Sang in Berkeley Square" and "There'll Always Be an England".

Vera Lynn died at the glorious age of 103, on the 18th June.

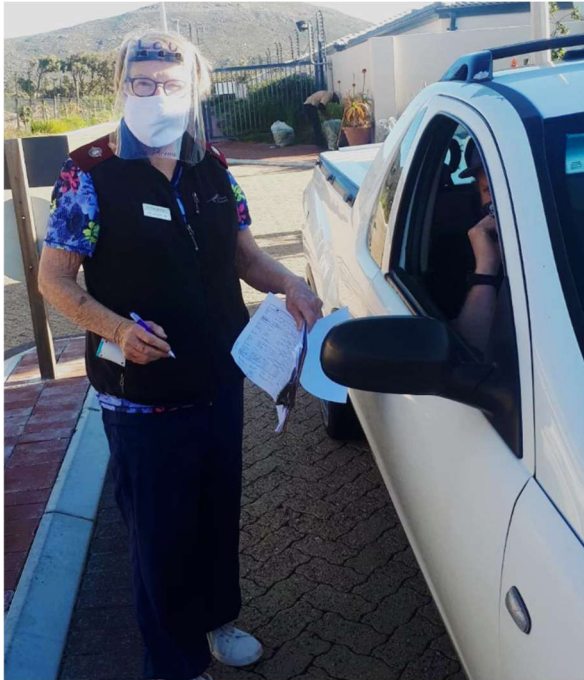
Dame Vera Lynn was honoured with a Spitfire funeral flypast.

Video below:

<https://youtu.be/3ybjKR26wOc>



# EVERGREEN CARE



The Care Centre, operating 24/7 is located at **House 8** and managed by Staff Nurse (EN) Lou Devine from our health care service provider, Evergreen Care.  
**Healthcare** - ext. 2403  
**CMR** – 082 782 4444,  
**ER24** - 082 124  
**Netcare** 911 - 082911

## On duty ENA, Gugu

Stay warm even though we are lucky to get some Vitamen D, there are some low temperatures expected from mid-week.



Mon 20	Tue 21	Wed 22	Thu 23	Fri 24	Sat 25	Sun 26
23° 16°	26° 17°	25° 11°	26° 12°	25° 13°	16° 12°	16° 7°