

The Village Newsletter

What's Happening at Evergreen Noordhoek & Lake Michelle



Monday 27 th July	Tuesday 28 th July	Wednesday 29 th July	Thursday 30 th July	Friday 31 st July	Saturday 1 st August	Sunday 2 nd August
<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>10am</u> Fellowship in Fynbos contact Mr. Wyllie</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><u>10.30am</u> Roadside chat</p> <p><u>3.30pm</u> The Willing Weeders – weather permitting, we will meet at the top lawn on the long brick path – Masks please</p> 	<p><u>10.30am</u> Roadside chat</p> 



SPCA DONATIONS Cape of Good Hope

A huge thank you to Residents, and Ron & Ronnie Adams for initiating the call to donate.

The SPCA gratefully received 7 large bags of blankets, cushions, materials etc, plus R1050 in cash donations.

Please report any cruelty to animals on the website

<https://capespca.co.za>

SPCA is on all Social Media Platforms

info@capespca.co.za 021 700 4140



VILLAGE WALKERS

Residents taking advantage of the beautiful winter weather to take in some exercise



Lorna Eglin and June Pittermann



Brian & Meryl Hambleton-Jones



Eric & Elizabeth Smith



Ian & Wendy Wrench



This week's short (4 minute) clip is one of the most famous solo passages for the 'cello – many of you will recognize it as soon as you hear it. The French Romantic period composer, **Camille Saint Saëns** (1835 – 1921), composed a suite of 14 humorous works in 1886 for private performance by an *ad hoc* ensemble of 2 pianos with various wind and stringed instruments, played by friends and colleagues. Known as ***the Carnival of Animals*** each short piece depicts individual animals and birds – particularly humorous and recognisable is the one about a donkey. Because the work was a light hearted composition, he insisted it was not to be published until after his death as he felt it could detract from his reputation as a serious composer. However, the piece known as ***The Swan/ le cygne*** was so beautiful that he was persuaded to allow it to be published separately in 1887 as a work for 'cello and piano. The theme played by the 'cello is reputed to emulate the calm beauty of the swan's neck and body as it moves gracefully across the water, whilst the fast piano parts of semiquavers and rolling chords indicate the more frantic pedaling of the webbed feet out of sight under the surface!

<https://www.youtube.com/watch?v=Mvh4zEKG2zs>

This moving performance is by the great Russian-born 'cellist **Mischa Maisky** – from 1966 he studied under Mstislav Rostropovich at the Moscow Conservatory and was privileged to receive some lessons at the Curtis Institute of Philadelphia, USA with the legendary Gregor Piatigorsky in 1974, just 2 years before the latter's death.

I hope you enjoy it - **Peter Lever**.



ARUM FROGS *contributed by Brian Brooks*



Brian & Jenny Brooks moved to Noordhoek Village from Tokai just over a year ago, with their Arum Lilies. This little Arum frog (right) came along for the trip and now lives at No.96. What a delightful story!

This is why we should never pick Arum lilies that grow wild and be cautious even when buying a plant. Next time you see a field of arums, have a careful look inside the flower and see the perfectly protected incubation habitat for this tiny creature.



The breeding habitat of the Arum frog includes large or small pans, dams, vleis and slow-flowing, quiet streams where there is sufficient emergent vegetation. Males usually call at night from elevated positions above water, normally in the emergent vegetation such as sedges, reeds, shrubs and grasses, although they may sometimes call from the pads of water lilies. They usually start calling just after sunset, but will call sporadically in the late afternoon on cloudy, rainy days. The Arum frog occurs mostly in a winter rainfall region; however, its breeding season occurs over the spring and summer, in September–January. After mating the female lays clutches of 10–30 eggs which are attached to the submerged roots and stems of plants.

Adults grow to 40 mm in length. They have **bright orange feet** and can change their colour to camouflage themselves. The top of the body is cream to brown, sometimes with small black spots. A distinctive, pale, dorsolateral line runs from the snout along the flanks, with a dark-brown lateral band underneath.

A fine, dark line usually separates the pale line from the brown band. The concealed surfaces of limbs, webbing, and discs are orange to red. Underneath, the frog is creamy white and slightly granular. The gular flap in males is bright ochre. Their pupils are horizontal.

The proper collective nouns for frogs are **army, colony, knot, box, bundle, froggery** and **nod**.



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The moon's mass is smaller than the mass of Earth (about 80 times smaller) but it still has gravity. This is why, as the Earth rotates, the area closest to the moon experiences its gravitational pull. You might be wondering: "*But if we rotate past the moon only once a day, how is it that we have two high tides per day?*" This is where tidal force comes in. Tidal force is actually the moon's average gravitational pull over the entire Earth subtracted from the moon's gravitational pull in a specific location. The moon's gravity affects the entire Earth, not just the water, but because water is much less dense than land, we actually see the tides change. On the opposite side of the Earth, farthest from the moon where the moon's gravity is the weakest—we experience high tide because the rest of the Earth is being pulled away from us, towards the moon. This same phenomenon explains the extra shift in tides during both the full and new moons. The sun has gravity too (its gravity actually holds our entire solar system together). And during both full and new moons, when the Earth, moon and sun all line up, their gravitational powers combined cause these more extreme tides called "spring tides". During the 1st and 3rd quarter moons, when we see the lunar and solar gravitational pulls combat each other, we see smaller tides known as "neap tides".

PHOTO COMPETITION JULY

PHOTO COMPETITION AUGUST



Photographic Competition
July is - MOUNTAINS -
August is – FLOWERS -
Email your entry to
photos@evergreenlifestyle.co.za

Add your Name,
Village & Caption.
Winner announced
in December.



BIRTHDAY TRIVIA

*No Birthdays this week

- **August** is the most popular birth month, accounting for nearly 9 percent of all birthdays in the world.
- On the other hand, the month with the least number of birthdays is **February**.
- In 1997, Paul McCartney's **birth certificate** became the most expensive birth certificate in the world, when it sold at an auction for \$84,146!
- To celebrate his 50th birthday, the Sultan of Brunei threw a birthday party costing \$27.2 million. Two decades later, it still holds the record for "**most expensive birthday party**."
- Just like every birth month has its own Zodiac sign and jewel, it also has a **birth flower**.
- "Happy Birthday To You" is the **most popular song** in the English language. But be careful the next time you sing it, it's copyrighted!
- If you're looking to get someone flowers for their birthday, odds are it'll be **roses** — the most popular flower choice for birthdays.
- The world's **largest birthday cake** was created by the city of Las Vegas to celebrate its 100th birthday. The 130,000 pound, 52-foot wide cake took 600 volunteers to make.

A HEALTHY SHOT



BOS Brands, the makers of the much-loved BOS organic rooibos Ice Tea, has launched a new range of functional rooibos-based health shots. Available in four variants, each 50ml shot is packed with the benefits of brewed organic rooibos, a healthy dose of functional ingredients, and natural fruit juice. <https://retailbriefafrica.co.za/bos-brands-launches-rooibos-functional-health-shots/>

Chill Out (CBD) helps with relaxation and calm – it contains brewed organic rooibos, 1mg of broad spectrum hemp derived CBD and sour cherry juice.

Let It Glow (Collagen) shot's combination of brewed organic rooibos tea, strawberry juice, raspberry juice, grape juice, and hydrolysed collagen peptides, assists in reducing the effects of ageing by fighting free radical damage and increasing the skin's elasticity.

Gut a Problem? (Probiotic) shot supports gut health with brewed organic rooibos tea, grape juice, probiotics and apple cider vinegar. Rooibos's antioxidants act as a prebiotic in our gut and have a calming effect on the digestive system. Grape juice is rich in resveratrol – a polyphenol that inhibits chronic inflammatory disorders – and is also rich in polyphenols that act like prebiotics in the gut.

The **Bounce Back** shot contains brewed organic rooibos, orange juice, lemon juice, ginger extract, turmeric extract, and ascorbic acid (vitamin C). This powerful combination of ingredients with antioxidants and anti-inflammatory properties, helps to defend the body against viruses and bacteria.

- When fish are in schools, they sometimes take debate
- A thief who stole a calendar got twelve months
- When the smog lifts in Los Angeles U.C.L.A.
- The batteries were given out free of charge
- A dentist and a manicurist married. They fought tooth & nail
- A sign on the lawn at a drug rehab says, “keep off the grass”
- With her marriage, she got a new name and a dress
- A boiled egg is hard to beat
- When you’ve seen one shopping center you’ve seen a mall
- A bicycle can’t stand alone, it’s two tired
- When a clock is hungry it goes back four seconds
- The guy who fell into the upholstery machine is now fully recovered
- He had a photographic memory which was never developed
- Acupuncture is a jab well done. That’s the point of it
- Time flies like an arrow, fruit flies like a banana
- A backward poet writes inverse
- If you don’t pay your exorcist you can get repossessed
- Show me a piano falling down a mine shaft and I’ll show you A-flat miner

- You are stuck with your debt if you can’t budge it.
- He broke into song because he couldn’t find the key
- A plateau is a high form of flattery
- The short fortuneteller who escaped from prison is a small medium at large
- If you jump off a Paris bridge, you are in Seine
- Bakers trade bread recipes on a knead to know basis
- Santa’s helpers are subordinate clauses
- Marathon runners with bad shoes suffer the agony of de feet
- The roundest knight at King Aurther’s round table was sir Cumference.
He acquired his size from too much pi
- I thought I saw an eye doctor on an Alaskan Island, but it turned out to be an optical Aleutian
- The butcher backed into the meat grinder and got a little behind in his work
- No matter how much you push the envelope, it’ll still be stationery
- Two silk worms had a race. They ended up in a tie
- A hole has been found in the nudist camp wall. The police are looking into it
- Atheism is a non-prophet organization
- I wondered why the baseball kept getting bigger. Then it hit me

KNITTING GROUP DONATION



Mrs. Stepto, thank you for bringing yet another donation from the knitting group. The False Bay Maternity Ward are always grateful for the warm caps, booties and matinee jackets for premature babies



Have a wonderful Week