

The Village Newsletter

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 17 th Aug.	Tues. 18 th Aug.	Wed. 19 th Aug.	Thurs. 20 th Aug.	Fri. 21 st Aug.	Sat. 22 nd Aug.	Sun. 23 rd Aug.
<p><u>8am – 2pm</u> Kind2Hearing in Fynbos</p> <p><u>10.30am</u> Roadside chat</p> <p><u>2.30-3.30pm</u> Library</p>	<p><u>10am-1pm</u> RESCOM in Fynbos</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> 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, will meet along the brick path – parallel to Kommetjie Rd.</p> <p>Masks please</p>	<p><u>10.30am</u> Roadside chat</p>



BIRTHDAYS THIS WEEK



Birth Stone Peridot

Birth Flower Gladiolus

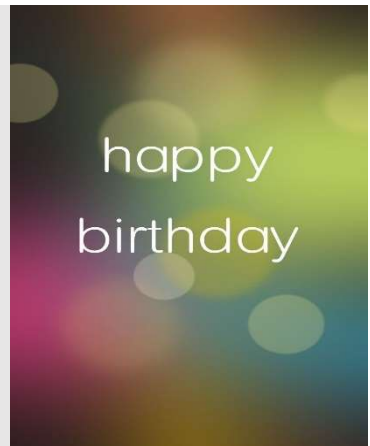


Noordhoek

22 Bill Venables

Lake Michelle

20 Ronnie Cooper
21 Madeline Jarvis



WELCOME to new Resident, **Peter Gilchrist** who is enjoying his first week in the Village at NO.59



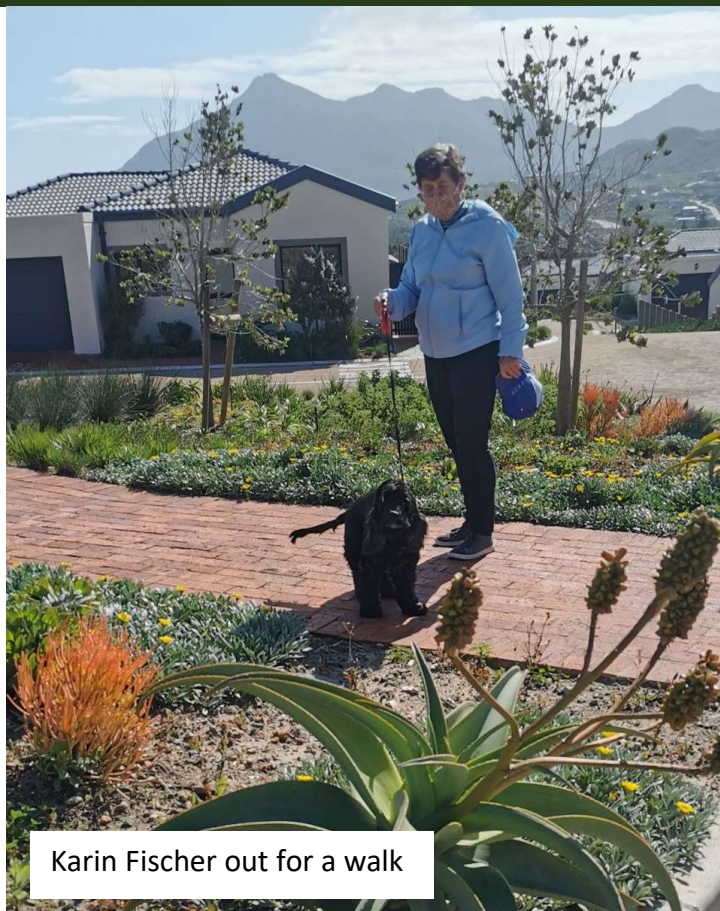
Mr. Gilchrist is an Actor. He hails from High Wycombe in Buckinghamshire and finally, after many visits here, moved to Cape Town in 2010. He came to act in a Maynardville production of Anthony & Cleopatra and never left. Others amongst many over 10 years are Romeo & Juliette and a current Panado Commercial where he acts as the doctor (look out for that one). His one-man show, already performed 76 times, at the Terrace Restaurant in Hout Bay is a tribute to Oscar Wilde.

Welcome to the Village Mr. Gilchrist!



Sister Kali at False Bay Hospital

Maternity Ward receiving the knitted donation from the Noordhoek Knitting Group



Karin Fischer out for a walk

PHOTO COMPETITION AUGUST

Photographic Competition

Theme for August is **RIVERS**

Email your entry to photos@evergreenlifestyle.co.za

Add your Name, Village & Caption.

Winner announced in December.



CLASSICAL CORNER by Peter Lever

Last week's selection featured the Spanish Classical Guitar with **Julian Bream** performing *Recuerdos de la Alhambra* by Francisco Tárrega. I mentioned that Julian's deserved reputation as the outstanding English exponent of the classical guitar is only matched by his skill on the Lute, which he championed before many started to take a renewed interest in this instrument from the Renaissance and Baroque periods (end 16th to mid 18th centuries). So here he is performing on the lute in **Vivaldi's Concerto in D - RV93**.

In this video the accompanying orchestra is a bit too large for a really authentic version, but clearly he was playing several pieces overall as his guitar is lying next to him for other works. As it is scored only for strings, the brass/wind sections of the orchestra are sitting silently; a harpsichord, together with the principal 'cellist, provides the *continuo line* at times.

<https://www.youtube.com/watch?v=qyY5pB2a0cU>

Antonio Vivaldi (1678 – 1741), born in Venice, was a prolific composer of choral and instrumental works. Known as *the Red Priest* due to his shock of red hair, he started out joining the clergy but turned to composing and performing music. His most well-known composition is *The Four Seasons* and I provided a selection from that work to you a little while ago.



We have been fortunate in our area to have had opportunities to hear music from this period, sometimes played on copies of instruments from the period. The organ at St Norbert's Priory, Kommetjie was hand-made locally by the talented **William (Bill) Robson** who specializes in making period instruments including the harpsichord. In pre-Covid times (and hopefully post-Covid) he provides monthly opportunities for both amateur players and interested audiences to be involved with live performances of Baroque music at his farm **Weltevreden** in the Noordhoek valley – the meetings are known as the **Noordhoek Collegium Musicum**. There is also a really good specialist professional group playing as Western Cape Early Music and/or the Cape Consort who regularly perform such music on copy original instruments including viols, the viola da gamba, theorba, lutes and recorders etc. Hopefully they will survive this testing period for professional musicians. **Enjoy – Peter Lever**



Viola



Lute



Recorders



Viola da gamba

RECIPE: BAKED APPLES

Ingredients:

6 apples
1 ½ cups Cranberries or other fruit
2 ¼ cups Water
¾ cup Packed brown sugar
3 tablespoons honey
6 scoops Vanilla ice-cream

Method:

Pre heat the oven to 180 degrees.

Core the apples and remove the peel from the top third of each one.

Place them in a baking dish and fill the core holes with as much fruit as will fit.

Stir together water, brown sugar and honey in a saucepan and bring to the boil, stirring occasionally to dissolve the sugar and honey. Once it comes to the boil, pour over the apples.

Bake for 1 hour in the preheated oven, basting with the juices every 15 – 20 minutes. Serve with vanilla ice-cream.



**TRY TO BE A RAINBOW
IN SOMEONE'S CLOUD.**

Maya Angelou

A Tribute to Maya Angelou, an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees. Angelou is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. The first, *I Know Why the Caged Bird Sings*, tells of her life up to the age of 17 and brought her international recognition and acclaim.

“If I am not good to myself, how can I expect anyone else to be good to me?”

“Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him.”

“I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass.”

“There is no greater agony than bearing an untold story inside you.” **Maya Angelou, *I Know Why the Caged Bird Sings***

“What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain.” **Maya Angelou, *Wouldn't Take Nothing for My Journey Now***

“I can be changed by what happens to me. But I refuse to be reduced by it.” **Maya Angelou, *Letter to My Daughter***

OLD or NEW – What works for you?

Left: **Wooden House** in Zakopane, Poland



Bottom Left to Right:

Corn Towers, Marina City, Chicago: The complex consists of two 587-foot (179 m), 65-story apartment towers, opened in 1963, which include physical plant penthouses. It also includes a 10-story office building (now a hotel) opened in 1964, and a saddle-shaped auditorium building originally used as a cinema.

Canterbury Library was the first publicly funded library in Great Britain, through innovative interpretation of the Museums Act 1845 for provision of a museum of arts and science.

Strata Tower in Abu Dhabi, is a forty-story luxury residential building in Abu Dhabi, designed by New York-based architects Hani Rashid and Lise Anne Couture of Asymptote Architecture, on Al Raha Beach.



Join **Sweetpeas Newborn Blessings** on Facebook to get the full impact of the wonderful distribution of warm wear to Premis. Big shout out to Eve Holloway who makes this all happen and to the Noordhoek Knitting Group who contribute to the project.