





Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 24 th Aug.	Tues. 25 th Aug.	Wed. 26 th Aug.	Thurs. 27 th Aug.	Fri. 28 th Aug.	Sat. 29 th Aug.	Sun. 30 th Aug.
<p>2pm-4pm Canasta in Fynbos – Contact Norma ext. 2089</p>  <p>9am-4pm Library</p>	<p>10am-1pm Bridge in Fynbos – Contact Cecily ext. 2011</p>  <p>9am-4pm Library</p>	<p>9am – 9.40am Stretch (with masks) + Social Distancing</p> <p>10am-12pm Fellowship in Fynbos</p> <p>9am-4pm Library</p>	<p>10am Knitting in Fynbos - Social distancing and masks - Sanitizer provided</p> <p><i>Eve Holloway will address the group for Sweetpeas Newborn Blessings</i></p>  <p>9am-4pm Library</p>	<p>3.30pm The Willing Weeders, weather permitting, will meet along the brick path – parallel to Kommetjie Rd.</p> <p>Masks please</p> 		



BIRTHDAYS THIS WEEK



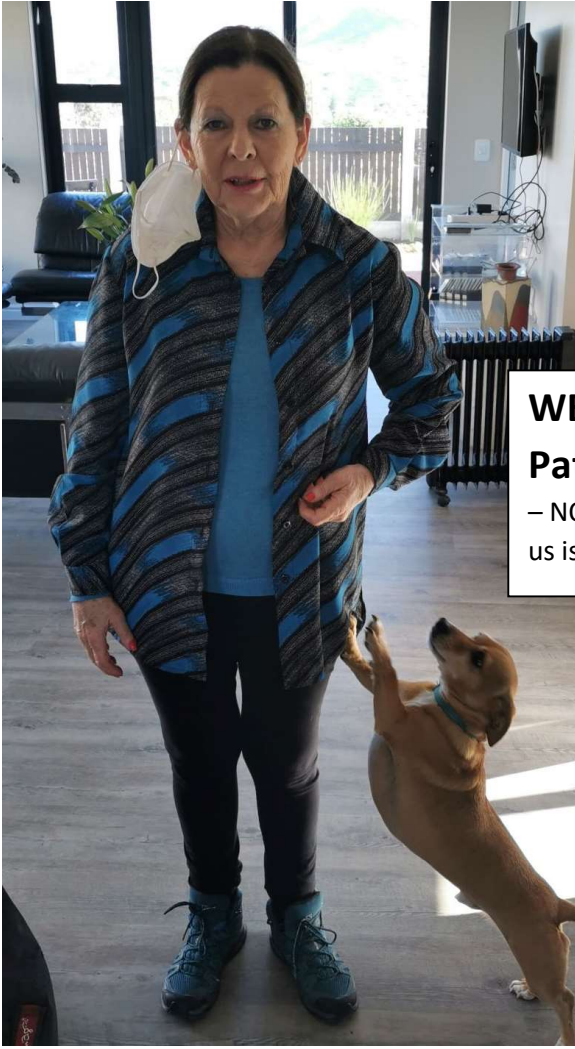
Birth Stone Peridot

Birth Flower Gladiolus



Noordhoek
25 Lorna Kirsten





WELCOME to
Tina Botha - NO. 62,
we hope that your stay
with us is a great one!

WELCOME to
Patricia van der Walt
– NO. 60, We hope your stay with
us is a good one!



WEATHER – WEATHER – WEATHER: What a wonderful downpour we had on Monday!
Thank you for the pictures Aletta Knox



CLASSICAL CORNER by *Peter Lever*

This week, rather than focusing on the music itself, I would like to share with you an example of an artist at the top of his game. **Jascha Heifetz (1901 – 1987)** was born in Vilnius, a part of the Russian Empire, and started to play the violin at the age of 2 and began with formal lessons at 4 – he moved to the USA in 1917.



Deferred to as the finest player by his contemporary peers ranging from Fritz Kreisler to Itzhak Perlman, he was respectfully known both as **“the Violinist of the Century”** and **“God’s Fiddler”**. His matchless technique was clearly not just down to constant and exacting practice – natural talent has to be recognized as a major part of his gift. He retired from public performances in his early 70’s after an injury to his right (bowing) arm but continued to give lessons and master-classes for many years. You can see some of the latter by searching on YouTube under “Heifetz Masterclass”. His public performance style was always with a deadpan face: no smiling, no exaggerated gestures and definitely no histrionics – his playing spoke for everything.

This short (5 ½ minute clip) provides a concentrated range of the difficult technical skills he possessed and that the composer required: it includes tunes played in octaves, harmonics, staccato single bows, chromatic scales with glissandos, double stopping and left hand pizzicatos. You don’t have to be a player to actually appreciate the level of artistry. He owned and played at various times on 2 violins by Stradivarius but his later favourite was a 1740 Guarneri del Gesù.

https://www.youtube.com/watch?v=vPcnGrie_M

The work played is the **Caprice N°24** by the Italian composer Nicolo Paganini (1782 – 1840). Probably the most controversial musician of his time, he has remained an enigma. He was born with a physical condition known as Marfan’s Disease or *Arachnodactylism* (spider fingers); the characteristics of this condition are long, thin fingers which have rubbery joints. As a result of this, Paganini was able to completely revolutionize the violin playing techniques of the time – this was to become a feature of his compositions because he could write music that no other contemporary players were able to perform. He, thus, became rather a musical showman often employing tricks such as deliberately breaking the upper string so that he continued playing the work in the highest registers of the lower ones. Unfortunately, due to the religious beliefs at the time, rumours began that he was in league with the Devil since his performing skills were beyond belief. He also developed a reputation as a ladies’ man and had a long list of affairs including, at one stage, Napoleon’s eldest sister Elise. He died a very sick man allegedly of tuberculosis and possibly cholera. The Church refused to allow him a Christian burial but many years later, his body was exhumed (several times) and he was religiously buried having eventually being recognized as a brilliant talent. His musical compositions are always wonderfully tuneful as well as being technically very demanding.

Enjoy watching an artist of the highest calibre demonstrating his skills – *Peter Lever*

Caprice No.24

Paganini

Var.1

Musical score for Caprice No. 24 by Paganini, showing two staves of music. The first staff is labeled 'Paganini' and the second 'Var.1'. The music is in 2/4 time and features complex technical passages.

RECIPE: NIGELLA'S CHOC POTS

Ingredients:

- 130g dark chocolate
- 115g unsalted butter
- 2 large eggs
- 1/2 cup caster sugar
- 3 tablespoons plain flour

Method:

Preheat oven to 200°C & Butter the ramekins - makes 4

Either in a microwave or in a bowl suspended over a pan over simmering water, melt the dark chocolate and butter, then set aside to cool a little.

In another bowl, mix the eggs with the sugar and flour with a hand whisk and beat in the cooled butter and chocolate mixture. Divide the mixture between the 4 buttered ramekins. Bake for about 20 minutes, by which time the tops will be cooked and shiny and the chocolate gooey underneath.



Soil for Life delivers again with Siphesihile

KNITTING GROUP 10am THURSDAYS

Thanks again for more donations for
Maternity Ward



Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29	Sun 30
16° 9°	16° 6°	18° 10°	16° 8°	16° 10°	14° 7°	18° 10°

INTERESTING FACTS

1. Mister Rogers always mentioned out loud that he was feeding his fish because a young blind viewer once asked him to do so. She wanted to know the fish were OK.
2. Boring, Oregon and Dull, Scotland have been sister cities since 2012. In 2017, they added Bland Shire, Australia to their "League of Extraordinary Communities."
3. Amelia Earhart and Eleanor Roosevelt once sneaked out of a White House event, commandeered an airplane, and went on a joyride to Baltimore.
4. If you have the feeling you've experienced an event before in real life, call it déjà vu. If you feel like you've previously experienced an event in a dream instead, there's a different term for it: déjà rêvé.
5. During Prohibition, moonshiners would wear "cow shoes." The fancy footwear left hoofprints instead of footprints, helping distillers and smugglers evade police.
6. Since founding the Imagination Library in 1995, Dolly Parton has donated 100 million books to children.
7. The 100 folds in a chef's toque are said to represent 100 ways to cook an egg.
8. In curling, good sportsmanship and politeness are essential. Congratulating opponents and abstaining from trash talk are part of what's known as the "Spirit of Curling."
9. In 1974, the *Journal of Applied Behavior Analysis* published a paper titled "The Unsuccessful Self-Treatment of a Case of 'Writer's Block.'" It contained a total of zero words.
10. Guinness estimates that 93,000 liters of beer are lost in facial hair each year in the UK alone.
11. George Washington served an eggnog-like drink to visitors at Mount Vernon. His recipe included rye whiskey, rum, and sherry.
12. Some cats are allergic to humans.
13. Queen Elizabeth II is a trained mechanic.
14. Volvo gave away the 1962 patent for their revolutionary three-point seat belt for free, in order to save lives.
15. *Tsundoku* is the act of acquiring books and not reading them.

PHOTO COMPETITION AUGUST

Photographic Competition

Theme for August is **RIVERS**

Email your entry to photos@evergreenlifestyle.co.za

Add your Name, Village & Caption.

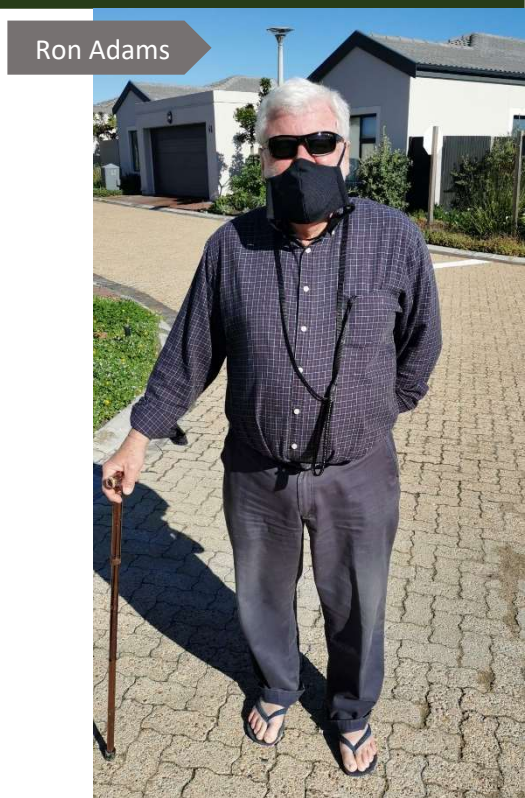
Winner announced in December.



Rob Crockett
and Sparky



Keith
& Aletta
Knox



Ron Adams