









Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 7 th Sept.	Tues. 8 th Sept.	Wed. 9 th Sept.	Thurs. 10 th Sept.	Fri. 11 th Sept.	Sat. 12 th Sept.	Sun. 13 th Sept.
<p>BISTRO Take-aways ext.2404</p> <p>2pm-4pm Canasta in Fynbos – Contact Norma ext. 2089</p> 	<p>NATIONAL GRANDPARENTS DAY</p> <p>BISTRO Take-aways ext.2404</p> <p>10am-1pm Bridge in Fynbos – Contact Cecily ext. 2011</p> 	<p>BISTRO Take-aways ext.2404</p> <p>9am – 9.40am Stretch Sue 072 212 0277 (with masks) + Social Distancing</p> <p>10am-12pm Fellowship in Fynbos John Wyllie ext. 2017</p>  <p>2pm – 2.40pm Stretch Sue 072 212 0277</p>	<p>BISTRO Take-aways ext.2404</p> <p>10am Knitting Group in the lounge – Jenny ext. 2026 Social distancing and masks - Sanitizer provided</p> 	<p>BISTRO Take-aways ext.2404</p> 	<p>NATIONAL DAY OF ENCOURAGEMENT</p>  <p>3.30pm The Willing Weeders, weather permitting, will meet along the brick path – parallel to Kommetjie Rd. June Pittermann ext. 2014</p> <p>Masks please</p>	  <p>Masks please</p>
Library	Library	Library	Library	Library	Library	Library

Flower - Aster, Birthstone - Sapphire



BIRTHDAYS THIS WEEK

Noordhoek
8 Joan Leon
12 Frederick Nelson

Lake Michelle
8 Doug Harris





We are so happy to have Branwine and Garth in the Bistro for take-away meals, snacks and confectionery.

Note: Payment by Card or on-account only (Ext 2404)



The first week on site after lockdown and WPC Catering has done a roaring trade – The frozen take-away meals are popular and make a wonderful change from having to switch on the oven.

Thank you Noordhoek residents for your patronage.



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Cheryl Bain, Thank you so much for the beautiful reception flowers!

The **Pincushion Protea** has long-lasting flower heads in yellows, oranges and reds consist of a large number of small flowers with stiff protruding styles – fascinating and almost unnatural to the touch.

Hybrids and cultivars of our indigenous Pincushion Proteas are grown the world over for the cut-flower trade, and are probably one of the most distinctive and recognised flowers on the planet. In South Africa, you will find pincushions in flower from July to November. Pincushion Proteas are part of the Cape Fynbos Floral Kingdom.



Elizabeth Smith

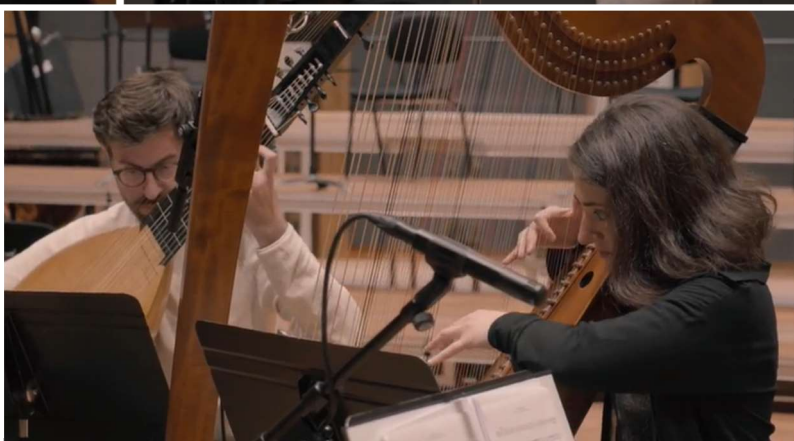
Jenny Brooks

Wendy van der Niet – Sue Douglas – Jenny Campbell-Pitt

CLASSICAL CORNER



Left: Christina Pluhar (Graz, 1965) is an Austrian theorbist, harpist, conductor, and director of L'Arpeggiata ensemble. After studies at the University of Graz, Christina Pluhar recognised her passion for ancient music.



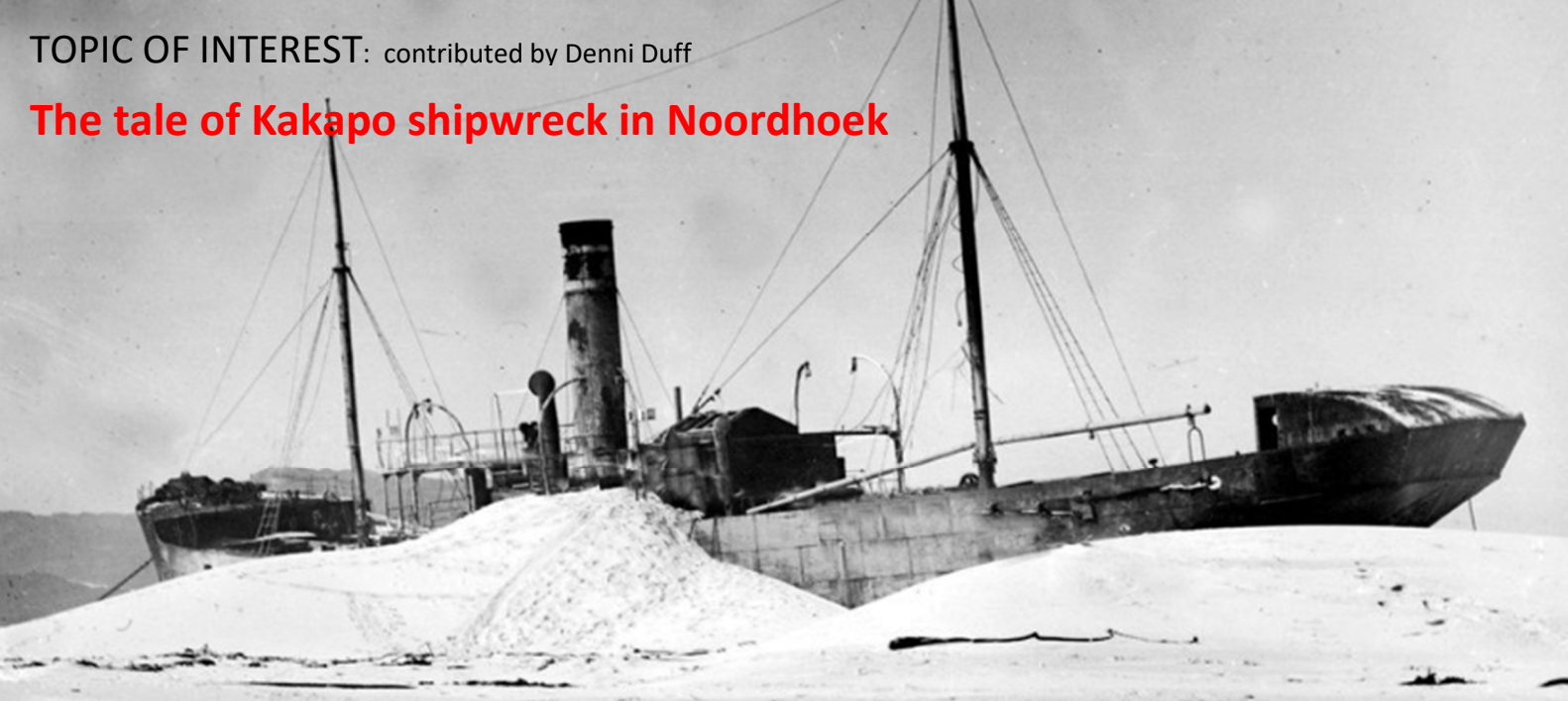
<https://www.youtube.com/watch?v=4Ppo9I7asVs>

L'Arpeggiata, Christina Pluhar, Jakub Józef Orliński – Rossi: Dal cielo cader vid io due stelle

YouTube • 377 000+ views • 2019/12/27 • by Warner Classics

In 1992, as a member of the Ensemble La Fenice, she received the first prize at the Festival of Early Music in Malmö. Since then she has been living in Paris and performing as a soloist and as a basso continuo player in the baroque scene. With her ensemble L'Arpeggiata, founded in 2000, she plays at international festivals and makes recordings.

The tale of Kakapo shipwreck in Noordhoek



A stroll along Noordhoek Beach will bring you to the remnants of a British steamer long past its prime. The great Kakapo looked far different in her days of seafaring adventures.

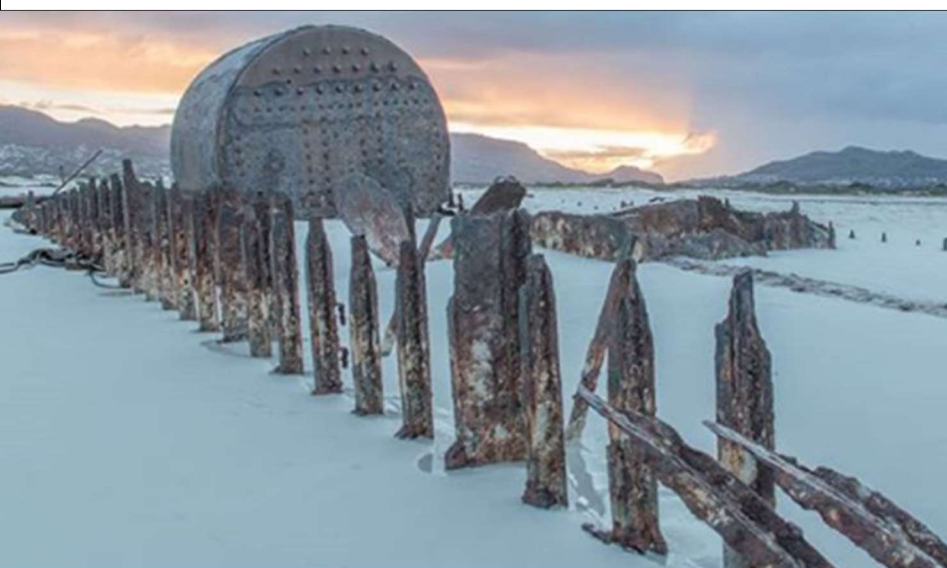
Built in 1898, the SS Kakapo – named after a type of parrot from New Zealand – began her first voyage in the 1900s. She was destined for Sydney, Australia and set sail from Swansea in Wales but made a stop over in Cape Town along the way.

Like many a ship before and after her, Kakapo was at the mercy of the Cape of Storms. Mighty winds took a hold of the vessel and dragged it towards Chapman's Bay.

The captain at the helm mistook the area for Cape Point and before he realised his mistake, it was too late. Kakapo and her 20 crew members were driven ashore and despite numerous attempts to get her back in the water, the vessel wouldn't budge.

Now, some 120 years later the remnants of Kakapo have been worn away by the sand, wind and waves; leaving only fragments of her hull and boilers in the sand.

A 40 minute hike along the beach trail leads to her final resting place, a foreboding reminder of the fearsome power of the sea.



A TRIBUTE TO: BANKSY

Banksy is an anonymous England-based street artist, political activist, and film director, active since the 1990s. His satirical street art and subversive epigrams combine dark humour with graffiti executed in a distinctive stenciling technique. His works of political and social commentary have been featured on streets, walls, and bridges throughout the world. Banksy's work grew out of the Bristol underground scene, which involved collaborations between artists and musicians. Banksy says that he was inspired by 3D, a graffiti artist and founding member of the musical group Massive Attack.

Banksy displays his art on publicly visible surfaces such as walls and self-built physical prop pieces. Banksy no longer sells photographs or reproductions of his street graffiti, but his public "installations" are regularly resold, often even by removing the wall they were painted on. A small number of Banksy's works are officially, non-publicly, sold through Pest Control. Banksy's documentary film *Exit Through the Gift Shop* (2010) made its debut at the 2010 Sundance Film Festival. In January 2011, he was nominated for the **Academy Award for Best Documentary Feature for the film**. In 2014, he was awarded Person of the Year at the 2014 Webby Awards.



Current Activity:

British street artist and activist Banksy is busy at work, but not at his usual art. Banksy funded a rescue boat to help migrants in the Mediterranean Sea. The bright pink ship was painted by Banksy and named Louise Michel after a French anarchist. The goal of the Louise Michel project is to rescue anyone in peril without prejudice.



Its first mission happened last Thursday when it rescued around 90 people from Libya.

This past weekend (Aug 30 2020) the vessel went out for a second trip, helping more than 250 people. All the migrants were transferred to another ship to wait for permission to disembark at a European port.



PHOTO COMPETITION SEPTEMBER

Photographic Competition

Theme for September is **ANIMALS**

Email your entry to photos@evergreenlifestyle.co.za

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



RECIPE: Jamie Oliver's Creamy Parmesan Risotto



Ingredients:

1.1 litres organic stock (chicken, fish or vegetable, as appropriate)

- 1 large onion
- 2 cloves of garlic
- 4 or 5 sticks of celery
- olive oil
- 70 g butter , plus 1 extra knob for frying
- 400 g risotto rice
- 2 wineglasses of dry white vermouth (dry Martini or Noilly Prat) or dry white wine
- 115 g Parmesan cheese

Method:

1. Heat the stock. Peel and finely chop the onion and garlic. Trim and finely chop the celery.
2. Put 2 tablespoons of olive oil and the knob of butter into a separate pan, add the onion, garlic and celery, and cook very slowly for about 15 minutes without colouring. This is called a soffritto. When the vegetables have softened, add the rice and turn up the heat.
3. The rice will now begin to lightly fry, so keep stirring it. After a minute it will look slightly translucent. Add the vermouth or wine and keep stirring – it will smell fantastic. Any harsh alcohol flavours will evaporate and leave the rice with a tasty essence.
4. Once the vermouth or wine has cooked into the rice, add your first ladle of hot stock and a good pinch of sea salt. Turn the heat down to a simmer so the rice doesn't cook too quickly on the outside. Keep adding ladlefuls of stock, stirring and massaging the creamy starch out of the rice, allowing each ladleful to be absorbed before adding the next. This will take around 15 minutes.
5. Taste the rice to check if it's cooked. If not, carry on adding stock until the rice is soft but with a slight bite. Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water.
6. Remove from the heat and add the 70g butter and grate in the Parmesan. Stir well. Place a lid on the pan and allow to sit for 2 minutes. This is the most important part of making the perfect risotto, as this is when it becomes amazingly creamy and oozy like it should be. Eat it as soon as possible, while it retains its beautiful texture.