

Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 14th Sept.

BISTRO
Take-aways ext.2404

2pm-4pm Canasta in Fynbos – Contact Norma ext. 2089



Library

Tues. 15th Sept.

BISTRO
Pancake day - R6
Take-aways ext.2404



10am – 3pm
Kind2Hearing - Fynbos (Front room)

10am-1pm Bridge in Fynbos – Contact Cecily ext. 2011



Library

Wed. 16th Sept.

BISTRO
Take-aways ext.2404

9am-12pm RESCOM in the lounge

9am – 9.40am Stretch Sue 072 212 0277 (with masks) + Social Distancing



2pm – 2.40pm Stretch Sue 072 212 0277

Library

Thurs. 17th Sept.

BISTRO
Coffee & cinnamon donut R20
Take-aways ext.2404



10am Knitting Group in the lounge – Jenny ext. 2026
Social distancing and masks - Sanitizer provided

Library

Fri. 18th Sept.

BISTRO
Take-aways ext.2404



Library

Sat. 19th Sept.

BISTRO
Take-aways ext.2404



3.30pm The Willing Weeders, weather permitting, will meet at the path to the 'wild area'.
June Pittermann ext. 2014

Masks please

Library

Sun. 20th Sept.

Try out the Boule Court – set of Bowls in fynbos



Masks please

Library

Flower - Aster, Birthstone - Sapphire



BIRTHDAYS THIS WEEK

Noordhoek

14 Sue Douglas
17 Ronnie Adams





Calm & Cool Canasta - Ronnie Adams, Karen Fischer, Norma Roos, Jenny Knight and Clare Yeowell



Bridge is best with Buddies - Bill & Judy Venables, Don & Anne Stepto

Lihlithemba (ENA) walking Hobo with Mrs. Robertson



Bill Ramage and Marion Nelsen taking in the sunshine

CLASSICAL CORNER

Antonio Vivaldi wrote at least three settings of the hymn **Gloria in excelsis Deo**, whose words date probably from the 4th Century and which is an integral part of the Ordinary of the Mass. Two survive: RV 588 and RV 589. A third, RV 590, is mentioned only in the Kreuzherren catalogue and presumed lost. The RV 589 Gloria is a familiar and popular piece among sacred works by Vivaldi. It was probably written at about the same time as the RV 588, possibly in 1715.



Director: Antonio Fauró

GLORIA IN EXCELSIS DEO. Antonio Vivaldi. Director: Antonio Fauró

<https://youtu.be/zhhYIZJj6rk>

YouTube · 10 714 000+ views · 2013/07/16 · by Solimusi Vocesparalapaz



Battery recycling is a recycling activity that aims to reduce the number of batteries being disposed as municipal solid waste. Batteries contain a number of heavy metals and toxic chemicals and disposing of them by the same process as regular household waste has raised concerns over soil contamination and water pollution.



Battery recycling box in reception
Thanks Mrs. Pittermann – great idea!



BRANWINE and GRANT for take-away meals, snacks and confectionery.

Note: Payment by Card or on-account only

Tuesday – Pancakes R6

Thursday – Donut & Coffee R20

PORK & APPLE PIE WITH GARLIC POTATOES, PUMPKIN & BABY MARROW





SMILE 😊 Late afternoon walkers making the most of the beautiful day: Linda Greeff – June Pittermann – Lorna Eglin

HISTORY.....contribution by Denni Duff

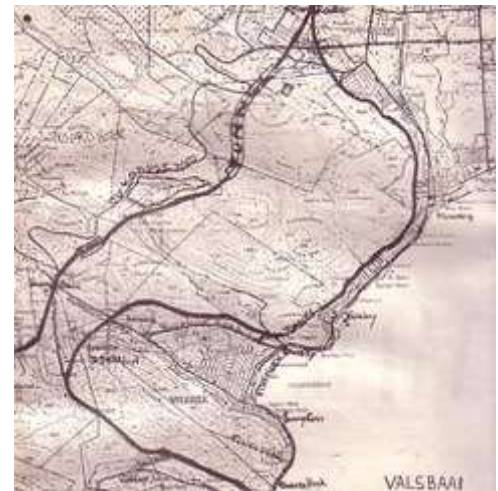
A quick bit of Googling unearthed this interesting link which adds detail to this particular story but also has lots of the history of Fish Hoek and environs. Pirates on Fish Hoek beach! 1904 was when the first shop opened in Noordhoek. A useful resource to mine, for little insights into the history of the area.

Who knew? In 1966 a tunnel through the Kalk Bay mountains was planned as an extension to Boyes drive.

AN air survey has been carried out to determine the route for the extended Boyes Drive — which includes a tunnel through Kalk Bay Mountain to Clovelly — and contour plans for the project are now being prepared.

1890	01 Dec	First railway train in Fish Hoek
1890		Build-up of sand-hills in Fish Hoek began because of the railway
1892		Kommetjie Estates Ltd formed
1896		Stone from Fish Hoek quarry sent to Wellington to build a training college
1897	Feb	South Africa's first motor cars, three Benz Voiturettes arrived in Cape Town

Amongst the buyers were Mr Marcolyn who acquired a string of plots along the mountainside for little more than a few pounds a plot, and people craned their necks to see where this unearthly property could be. Yet in the 1930s our lovely highway was built to abut on these plots; and in the 1960s they are worth around R2,000 each!



The story of Fish Hoek by Cedryl Greenland is a wonderfully interesting read, published by the author in 1966

<http://fishhoek100andbeyond.co.za/wp-content/uploads/2018/04/Fishhoek-Fossickings.pdf>

ERADICATION OF PORT JACKSON from the Evergreen Noordhoek site

contribution from Lorraine Innes

On Thursday 30 July a small group of concerned residents attended a demonstration by two members of a volunteer hacking group – Jos De Gendt and John Moeur. Their group is authorised by SAN Parks to assist in the removal of various alien plant species. One of these is Port Jackson, an invasive alien which is threatening our site. The initial interest group has swelled to a dozen people, who meet when they can at 10h30 on Thursdays (weather permitting) and have so far devoted 87 hours of manual labour to fighting this invasive alien.

We have been granted 'Interest Group' status and have the full support of Evergreen management. Up until now we have relied on the loan of equipment from Jos and John's group or on our group members' gardening tools. This week the first of the equipment we require has arrived on site and we would like to thank Riaan most sincerely for his persistence in obtaining saws, loppers, herbicide, dye and application bottles.

Depending on their size, plants are tackled in different ways:

- Seedlings can be carefully pulled or dug up, making sure to remove the roots and not break the stem. If the main stem is severed, a growth point just above the roots quickly sends out 4 to 6 new tree shoots.
- Very young trees can be lopped (cut) just below the growth point which lies 5-10 cm under the soil. Roots will then die in place and no poison is necessary.
- The trunks of medium sized and older trees must be cut, as close to the ground as possible, and the stumps painted with herbicide (poison) to kill the roots and prevent regrowth. This must be done immediately after cutting to ensure that the poison is most effective.

There is still so much work to do that we are making an appeal for more people to come and join our Evergreen Noordhoek Hack Pack. To maintain social distancing, we can spread out over a larger area or groups can meet on different days. There is a range of tasks that require various levels of strength and fitness:

- wielding the loppers
- sawing through trunks
- administering herbicide
- dragging cut trees to suitable points
- cutting side branches to make the piles as neat and flat as possible.

Once cut, the tree branches are left nearby in neat piles, preferably across drainage lines or dongas to slow the flow of water during rains. Side branches are lopped to make piles neat and compact so that they decompose and return nutrients to the soil or, if necessary, can be carted away later.

If you would like to get more information, phone Lorraine Innes at Unit 15 (083 702 4003). Or just come and join us at 10h30 on Thursday mornings. Dress for rough terrain in closed shoes and old clothes (long pants and long sleeves are recommended). Wear a hat or cap and bring a water bottle. Gardening gloves will protect your hands from both rough stems and the blue dye that is added to the poison.





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: NIGELLA LAWSON Buttermilk Roast Chicken



Ingredients:

A 2kg chicken

2 cups buttermilk

¼ cup + 2 tablespoons vegetable oil

2 cloves garlic lightly crushed

1 tablespoon crushed black pepper corns

1 tablespoon Maldon or other sea salt

2 tablespoons fresh rosemary leaves,
roughly chopped

1 tablespoon honey

Method:

Step 1

Butterfly chicken by placing breast side down and using heavy-duty kitchen shears to cut along both sides of backbone. Discard backbone, turn chicken over and open it like a book. Press gently to flatten it.

Step 2

Place chicken in a large freezer bag. Add buttermilk, 1/4 cup oil, garlic, peppercorns, salt, rosemary and honey. Seal bag securely and refrigerate overnight or up to two days.

Step 3

Heat oven to 200 deg. C. Remove chicken from marinade and place on a rack so excess can drip off. Line a roasting pan with foil and place chicken in pan. Drizzle with remaining 2 tablespoons oil. Roast for 45 minutes, then reduce heat to 160 deg. C. Continue roasting until well browned and until juices run clear when chicken is pierced where leg joins thigh, about another 20 minutes.

Step 4

Place chicken on a carving board and allow to rest for 10 minutes before cutting into serving pieces. Place a portion on each of four plates, and drizzle each serving with pan juices.