










Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 12 th Oct.	Tues. 13 th Oct.	Wed. 14 th Oct.	Thurs. 15 th Oct.	Fri. 16 th Oct.	Sat. 17 th Oct.	Sun. 18 th Oct.
<p>BISTRO Take-aways ext.2404</p> <p><u>2pm-4pm</u> Canasta in Fynbos – Contact Norma ext. 2089</p>  <p>Masks please</p> <p>Library</p>	<p>PANCAKE DAY - R6 Take-aways ext.2404</p>  <p><u>9am-3pm</u> Kind2Hearing in the Fynbos front room</p>  <p><u>10am-1pm</u> Bridge in Fynbos – Contact Cecily ext. 2011 <u>2pm</u> Table Tennis</p> <p>Library</p>	<p>BISTRO Take-aways ext.2404</p> <p><u>9am – 9.40am</u> Stretch Sue 072 212 0277 (with masks) + Social Distancing</p> <p><u>2pm – 2.40pm</u> Stretch Sue 072 212 0277</p> <p>Library</p> 	<p>BISTRO Take-aways ext.2404</p> <p><u>10am</u> Knitting Group in the lounge – Jenny ext. 2026 Social distancing and masks - Sanitizer provided</p> <p><u>1.30pm-3.30pm</u> ART classes in Fynbos with Dawn. Newcomers welcome - Contact Dawn at ext. 2037</p> <p><u>4pm</u> Table Tennis</p>  <p>Library</p>	<p>BISTRO Take-aways ext.2404 Promotion: Grilled BBQ Chicken Roll & Beer (or soft drink of your choice)</p> <p><u>9.30am – 11am</u> MARKET DAY – Bring your own shopping bag</p>  <p>Masks please Library</p>	<p>NATIONAL PASTA DAY</p>  <p><u>3.30pm</u> The Willing Weeders, weather permitting, will meet at the <u>veggie/herb boxes</u>. More volunteers would be great! Bring your own tools. June Pittermann ext. 2014</p> <p>Masks please Library</p>	<p>NATIONAL CHOCOLATE CUPCAKE DAY</p>   <p>Masks please</p>

BIRTHDAYS THIS WEEK

October Birthday Flower –Marigold & Cosmos. Birthstone – Opal & Pink Tourmaline



Noordhoek
14 Melanie Ball
15 Brian Brooks
17 William Harding

Lake Michelle
17 Fred Culhane





Stretch class in Fynbos with Sue Kinnell

Lorraine Innes, Nicky Ing, Emm Sparg, Ron Adams, Don Stepto and Judy Venables



Evergreen Healthcare: Sr. Diana Lane and Clinic Carer Anelisa Thintsila



MARKET DAY:

Snap Scan, Cash or card

We bring you more for Market Day on a Friday.
9.30am – 11.30am. Venue to be determined depending on the weather. Bring your own bags and come and enjoy the fare.

RODGERS: Michelle brings a table of fresh and organic produce as well as breads, honey, farm eggs, gluten free pitas, olive oil and much more.

SAFFRON EATERY: Samosas, naan bread and more.

TABITHA FASHIONS: A Clothing rail with special pieces.



CLASSICAL CORNER



Emily Jordan Bear (born August 30, 2001) is an American composer, pianist, songwriter and singer. After beginning to play the piano and compose music as a small child, Bear made her professional piano debut at the Ravinia Festival at the age of five, the youngest performer ever to play there. She gained wider notice from a series of appearances on *The Ellen DeGeneres Show* beginning at the age of six. She has since played her own compositions and other works with orchestras and ensembles in North America, Europe and Asia, including appearances at Carnegie Hall, the Hollywood Bowl, the Montreux Jazz Festival and Jazz Open Stuttgart. She has won two Morton Gould Young Composer Awards and was the youngest person ever to win the award.^[1] She has also won two Herb Alpert Young Jazz Composers Awards.

In 2013, Bear released her first studio album, *Diversity*, containing her own jazz compositions, produced by her mentor, Quincy Jones. She composes and plays both classical and jazz music, studies film scoring and is heard on the 2015 Broadway cast recording of the musical *Doctor Zhivago*. She leads her own jazz trio, with which she recorded an EP, *Into the Blue*, released in 2017. Later in 2017, Bear became the youngest performer in the history of the *Night of the Proms* tour.

Emily Bear - Peralada Suite premiere with Santa Fe Concert Association

YouTube · 31 000+ views · 2013/03/15 · by Emily Bear

<https://youtu.be/ALCKGsGZ0X4>



Dear Lovers of Fine Music

contribution by Peter Lever

Christ Church Concerts proudly presents Vivaldi's **Four Seasons**, performed by the World Cafe Trio at 3pm on Sunday 1st November 2020 at Christ Church Constantia.

The concert will be open to 150 attendees, and also streamed live. The recording will be available for a week afterwards. Stanislav Anguelov (accordion), Petrus de Beer (violin) and Schalk Joubert (bass guitar) present a stunning arrangement of Vivaldi's most enduring work. In October 2016, the World Café Trio was invited to the Cape Town SABC studios to record this show for *Radio Sonder Grense* and this was broadcast for the first time a month later. This led to the release of the arrangement on CD. During their sold-out performances at the Woordfees in Stellenbosch, one of the shows was recorded live by a Kyk-Net crew and recently aired.

The second half of their programme after interval comprises popular tunes from the movies, ending with Zorba the Greek. Tickets for 150 attendees are R130 (unreserved seating) and can be booked by calling Anne on 082 218 0100 or by writing to ccctickets8@gmail.com. Tickets can also be booked online at Quicket. Tickets for online viewing are available for R80.

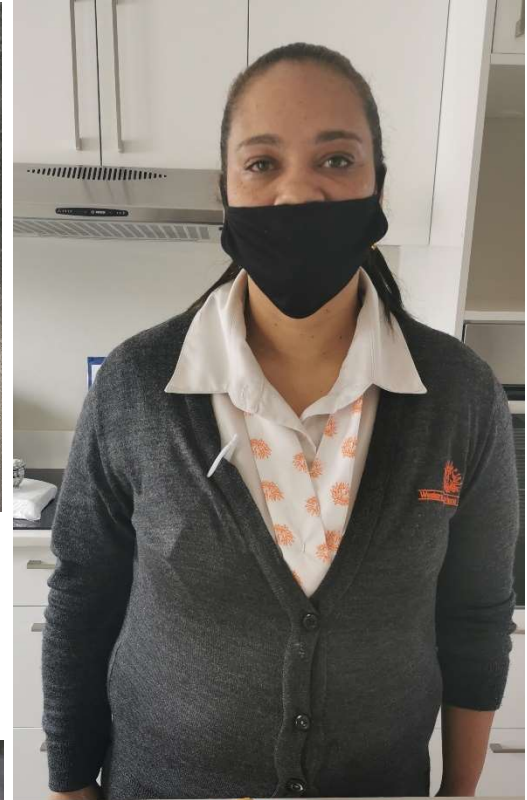
A note about live streaming

Our experience is showing that the actual streaming process on the day cannot be relied on to give a consistent signal. What does work online however, is watching the recorded concert *after* the event. At that stage the video is on YouTube and it is a stable platform. Can I suggest that online viewers watch the concert at any time the following week, just not at 3pm on Sunday?



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

Note: Payment by card or
on-account only. Book ext. 2404



Dave Innes

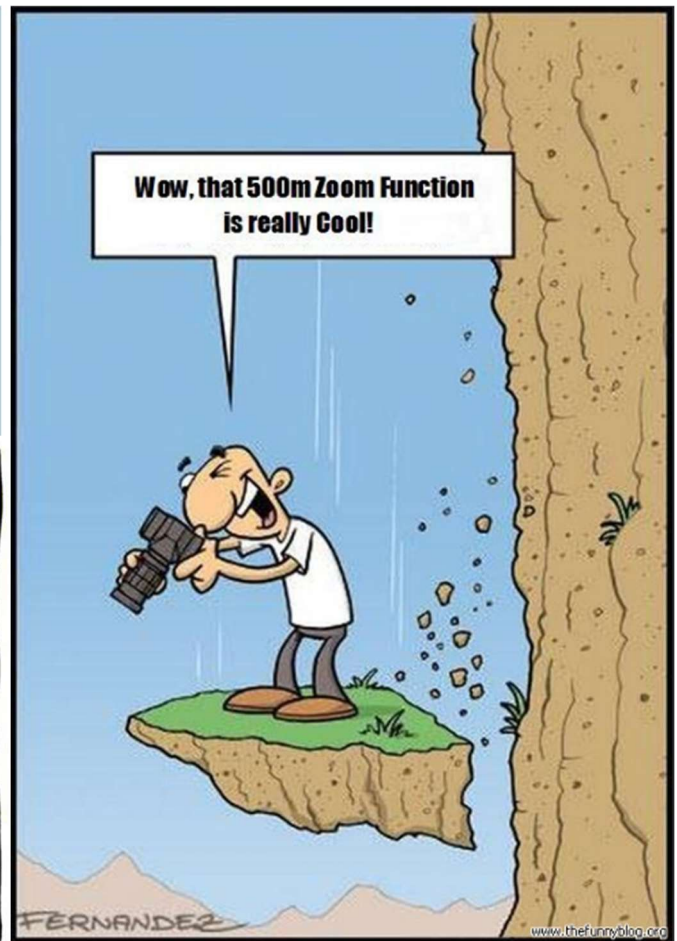
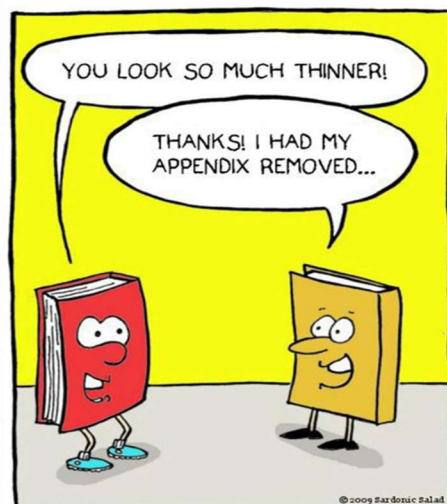
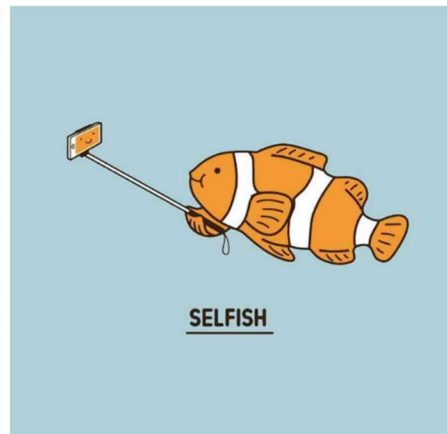


PHOTO COMPETITION OCTOBER: Theme for September is **TOWNS**

Email your entry to photos@evergreenlifestyle.co.za - Add your Name, Village & Caption. Winner announced in December.



RECIPE:

Melted Broccoli Pasta with Capers & Anchovies



Ingredients:

Kosher Salt

2 heads broccoli cut into
bitesize florets

340g Whole-Wheat penne
pasta

3 tablespoons extra virgin oil,
divided

1 cup panko or freezer bread
crumbs

4 oil packed anchovy fillets

¼ cup capers, chopped if
large, rinse well if salt-packed

2 garlic cloves – minced

¼ teaspoon red pepper flakes

METHOD:

Bring a large pot of salted water to a boil over high heat. Add the broccoli florets and cook until bright green and crisp-tender, 2 to 3 minutes. Using a slotted spoon, transfer the broccoli to a large bowl.

Add the pasta to the boiling water and cook for 1 minute less than the package instructions for al dente, about 9 minutes.

Meanwhile, toast the bread crumbs. Heat 1 tablespoon (15 ml) of olive oil in a large, high-sided sauté pan or skillet over medium heat. Add the breadcrumbs and sauté until the crumbs are golden brown and crisp, 4 to 5 minutes. Transfer to a small bowl and set aside.

Pour the remaining 2 tablespoons (30 ml) of olive oil into the pan. Add the anchovies and sauté until they disintegrate, about 1 minute. Add the capers, garlic, and red pepper flakes. Sauté until fragrant, about 1 minute, and remove from the heat.

When the pasta is ready, reserve 1½ cups (360 ml) of pasta water with a measuring cup, then drain the pasta. Add the broccoli and reserved pasta water to the pan and bring to a simmer. Continue to simmer, using a wooden spoon to break the florets into small pieces as they become more tender, until the water is reduced by about half and you've been able to break apart enough florets that you're left with a very chunky mixture, 5 to 7 minutes.

Add the pasta to the pan. Cook, tossing and stirring, until the pasta is al dente and the sauce thickens and coats the pasta, 1 to 2 minutes. Remove from the heat, add half the toasted bread crumbs, and toss again to combine.

Serve garnished with the remaining toasted bread crumbs.

Welcome to the Village Mr. Phillips



Lorna Kirsten



NOORDHOEK *Open Gardens 2020*

Sat 17th Oct & Sun 18th Oct

16 GARDENS ON SHOW!

Gardens open 10am-4pm

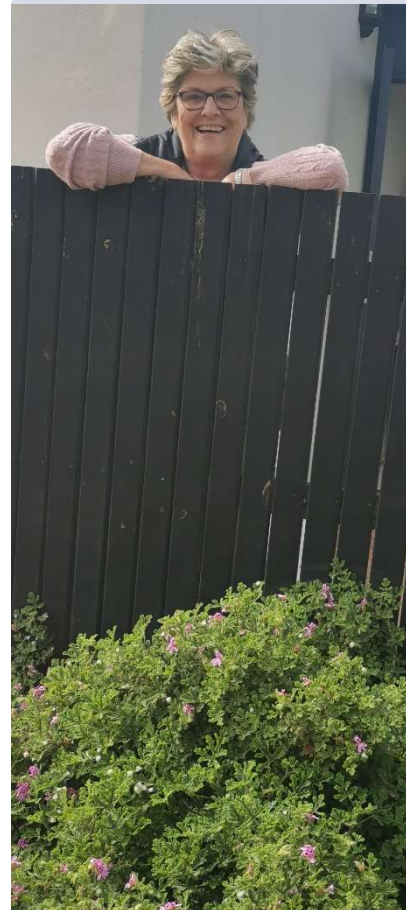
R25 single entry
R125 day pass
R200 weekend pass
Children under 18 free
Pensioners' discount

Noordhoek Open Gardens runs over two days, allowing visitors & gardening enthusiasts time to meander through sixteen gardens. Enjoy the local hospitality & take home a garden treasure or two.

For ticket info call +27 72 574 6608
www.noordhoektourism.co.za

A Noordhoek Tourism & On The Verge Collaboration

photo by AMANDIE LUY



ELEPHANTS.....*contribution Brian Brooks*

Addo Elephant Park

Caption: "Visiting the dead"

South Africa parks board had brought in some new elephants from Namibia, they are bigger than SA elephants, unfortunately a fight broke out and the female was badly gouged in the stomach. The rangers had to put her to sleep. The herd will visit the site for many years to come, and at a later stage it will be just to smell the bones. The body was left there for other animals to feed on.



Caption: "Hey mom, time for a drink"

Interesting Fact:
Elephants communicate in a variety of ways - including sounds like trumpet calls (some sounds are too low for people to hear), body language, touch and scent. They can also communicate through seismic signals - sounds that create vibrations in the ground - which they may detect through their bones.