









Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 19 th Oct.	Tues. 20 th Oct.	Wed. 21 st Oct.	Thurs. 22 nd Oct.	Fri. 23 rd Oct.	Sat. 24 th Oct.	Sun. 25 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 Library</p>	<p>PANCAKE DAY - R6 Take-aways ext.2404</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>10am</u> Fellowship in Fynbos. Contact John Wylie ext. 2018</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: Boerewors Roll & Beer (or soft drink of your choice) See Flyer</p> <p><u>9.30am – 11am</u> MARKET DAY – Bring your own shopping bag</p>  <p>Masks please Library</p>	 <p><u>3.30pm</u> The Willing Weeders, weather permitting, will meet <u>along the path parallel to Kommetjie Rd.</u> More volunteers would be great! Bring your own tools. June Pittermann ext. 2014</p> <p>Masks please Library</p>	  <p>Masks please Library</p>

BIRTHDAYS THIS WEEK

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



HAPPY BIRTHDAY

Noordhoek

19 Ivie Cox

Birthdays are nature's way of telling us to eat more cake.



Home Service Hairdresser

Julie-Anne - 071 870 4926 Hairstyling in the comfort of your own home



Rimsky Korsakov - " **Flight of the Bumblebee** " (Russian: Полёт шмеля) is an orchestral interlude written by Nikolai **Rimsky-Korsakov** for his opera The Tale of Tsar Saltan, composed in 1899–1900. Its composition is intended to musically evoke the seemingly chaotic and rapidly changing **flying** pattern of a **bumblebee**.

This is a delightful animation: <https://youtu.be/P5UL1kh9qcM>

Flight of the Bumblebee Animation- Rimsky Korsakov

YouTube · 147 000+ views · 2017/04/21 · by eti rozen



<https://youtu.be/SSTaZiYi3QI>

The Flight of the Bumblebee

YouTube · 8 000+ views · 2019/05/08 · by La Monnaie De Munt

Bumblebee

A bumblebee is any of over 250 species in the genus *Bombus*, part of Apidae, one of the bee families. This genus is the only extant group in the tribe Bombini, though a few extinct related genera are known from fossils. They are found primarily in higher altitudes or latitudes in the Northern Hemisphere, although they are also found in South America, where a few lowland tropical species have been identified. European bumblebees have also been introduced to New Zealand and Tasmania. Female bumblebees can sting repeatedly, but generally ignore humans and other animals.

What **bumble bees** have then, is short-term nectar stores for food, compared with **honey bees**, **bumble bees** store only a tiny amount. This, along with other reasons, means that humans do not harvest **bumble bee** nectar stores for human consumption (at least, not in the West) – although there are indeed animals that will happily eat a **bumble bee** nest, complete with nectar stores and larvae.

They live in a colony which is headed by a queen. Unlike honey **bees** which live in colonies often exceeding 50,000 **bees**, **bumble bees** live in colonies of just 50 or so.

When a queen bumble bee emerges from hibernation, she feeds, finds a suitable location for a nest, and begins to establish her colony. In so doing, she makes a nectar pot from wax which she secretes from the underside of her abdomen. She then gathers nectar from flowers, and she transfers this nectar to the nectar pots. The **bumble bee queen** will feed on the nectar herself from the nectar pots, as she incubates her eggs. As the queen rears her young, the new bumble bees will emerge and they will also feed on nectar from the nectar pots. It could be said that in one sense, this is the bumble bee version of honey, but as stated, it is not the same as that produced by honey bees - there is no extended transformation period, and the nectar is gathered and stored in the wax pots in much smaller quantities.



MARKET DAY:

We bring you more for **Market Day** on a Friday. **9.30am – 11.30am**. Venue determined depending on the weather. Bring your own bags and come and enjoy the fare. Snap Scan, Cash or Card.

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. THE FLOWER WAREHOUSE: Fresh flowers at a good price 021 448 5472.

SAFFRON EATERY: Samosas, naan bread and more. TABITHA FASHIONS: A Clothing rail with special pieces.



Introducing Sr. Diana Lane. Sr. Lane is head of Evergreen Healthcare for Noordhoek Village. She qualified 15 years ago and has a wealth of knowledge in Oncology, ICU, extensive wound management, diabetes and dementia.

She has managed two frail care homes and is passionate about aged care. Diana is married with two young boys, Keaton and Cami.

Please don't hesitate to call the Clinic, Diana would love to get to know you and be of assistance. Call ext. 2403

ART CLASS with Dawn Bryant every Thursday 1.30pm – 3.30pm in Fynbos



Dawn Bryant with enthusiastic artists Nicky Ing, Anne Tingley, Aletta Knox, Clare Yeowell, Brian Roos, Peter Gracie and Anne Stepto in Fynbos



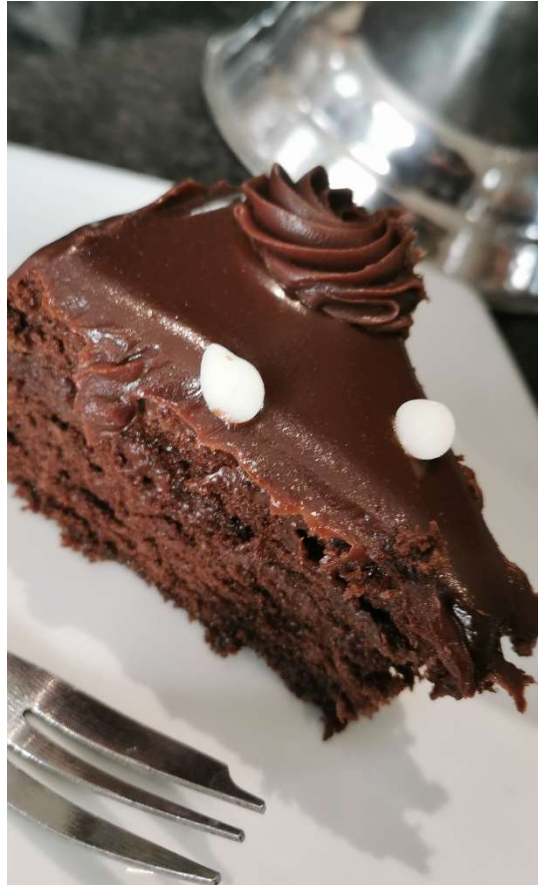
PENCIL ART





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

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



Venetia &
Mirelle Ramage
out and about in
the sunshine

Sue Robertson
bought a cactus and
got this beautiful
Amaryllis as a
surprise!

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

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



Juoe Liu (Bsc. Audiology (UCT))

Group Practice Manager & Audiologist

Blaauwberg and Platteklouf practices

Tel: 021 943 3536 | juoe@k2h.co.za

Intercare Medical and Dental Centre Blaauwberg | c/o Link and Park Road | Parklands | 7441

www.kind2hearing.co.za



Our lovely Bill Venables & Audiologist Juoe

RECIPE: STICKY TOFFEE PUDDING

Ingredients: Makes 9 generous slabs

For the sponge:

- 200 grams soft dried pitted dates (roughly chopped)
- 200 millilitres water from a freshly boiled kettle
- 1 teaspoon bicarbonate of soda
- 75 grams soft unsalted butter (plus more for greasing)
- 2 x 15ml tablespoons black treacle
- 50 grams dark muscovado sugar
- 2 large eggs (at room temperature)
- 150 grams plain flour
- 2 teaspoons baking powder

For the sauce:

- 150 grams soft unsalted butter
- 300 grams dark muscovado sugar
- 1 x 15ml tablespoon black treacle
- 200 millilitres double cream (plus more to serve)



Nigella

Photo by Jonathan Lovekin

Method: You will need 1 x approximately 23cm / 9-inch square baking dish

1. Preheat the oven to 180°C/160°C Fan/350°F and lightly grease your dish. Put the chopped dates, boiling water and bicarb into a bowl, give a stir and then leave for 10 minutes.
2. Cream the butter and black treacle until well mixed, then add the sugar and mix again, beating out any lumps. Beat in an egg and keep beating - scraping down as necessary - until completely incorporated, then do likewise with the other egg. Beating more gently, add the flour and baking powder until you have a smooth, thick batter.
3. Using a fork, stir the soaked dates, squishing them a bit, then pour the dates and their liquid into the batter and beat gently to mix in.
4. Pour and scrape into your prepared dish or cake tin and bake in the oven for 30-35 minutes, or until a cake tester comes out clean.
5. While the pudding's in the oven, you can make the sauce. Melt the butter, muscovado sugar and treacle over a very low heat in a heavy-based saucepan. Once the butter's melted, stir gently until everything else is melted too. Now stir in the cream, then turn up the heat and when it's bubbling and hot, take it off the heat.
6. As soon as it's out of the oven, prick the cooked sponge pudding all over with a cocktail stick and pour about a quarter of the warm sauce over, easing it to the edges with a spatula so that the sponge is entirely topped with a thick sticky glaze. Put a lid on the remaining sauce in the pan to keep it warm.
7. Leave for 20-30 minutes, or up to an hour is fine, then take to the table, with the rest of the sauce in a jug, and cream to serve.

GARDENING:



Follow this informative blog and read: Six amazing benefits of gardening in your backyard

"The value that you get from gardening is much more than the vegetables your plot produces. It can be therapeutic, healthy, educational, communal, environmentally friendly, and good exercise. The vegetables you harvest are just the tip of the iceberg, gardening offers us "sow" much more.

It's true: Gardening is cheaper than therapy and you get tomatoes! Here are 6 amazing benefits of gardening in your backyard. "

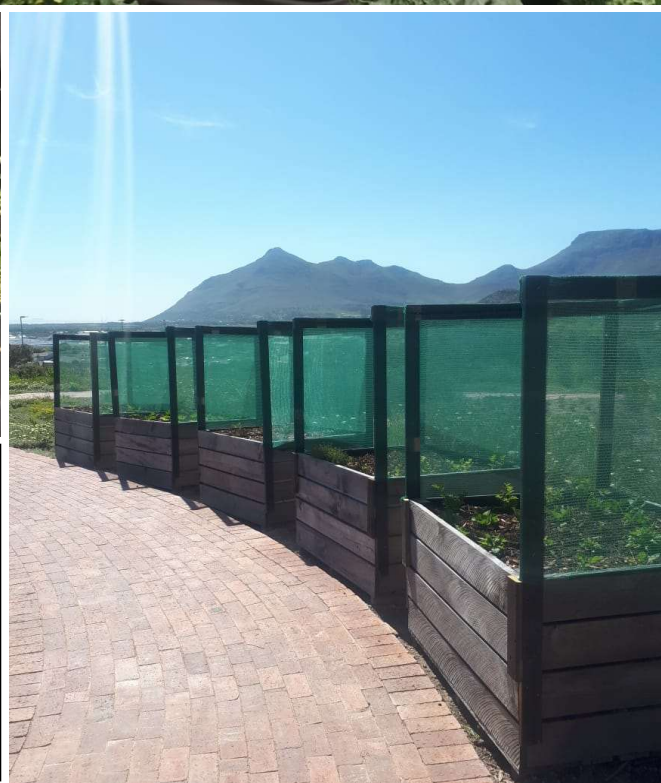
<https://www.outdoorhappens.com/the-6-amazing-benefits-of-gardening-in-your-backyard/>

www.outdoorhappens.com

How to get involved at Evergreen Noordhoek :

- Are you interested in hacking away at the Port Jackson invasion on the property?
Contact Lorraine Innes ext. 2015 - **See attachment for an update.**
- The "Willing Weeders" led by June Pittermann every Saturday afternoon at 15H30, call ext.2014
- Soil for Life Veggie boxes overseen by June Davies, call ext.2135

Some produce from our last Harvest:



Growing healthy soil, people and communities



soil for life
Feed the mind. Feed the heart.

Soil for Life is a public benefit organisation that teaches people how to grow their own food, improve their health and well-being, and nurture and protect the environment.