



EVERGREEN NEWSLETTER

ALOE ALOE

"If you haven't the strength to impose your own terms upon life, then you must accept the terms it offers you."

T.S. ELIOT

Dear Residents,

I hope you've all had a good week.

Thank you to everyone who attended this month's Quiz Night. Another great evening of fun and learning was had by all. Read more on page 5.

Next week will be a little quieter as we encounter another short week due to the public holiday on the 27th, but we have a very busy May in store for you, including Mother's Day Sunday Lunch on the 14th, Bingo Night on the 18th and another Special Dinner event on the 26th. More information on all the events will follow in next week's Aloe Aloe. Please also see the last notice for the Dunlop visit on the 25th for a free tyre inspection.

You will have noticed that we have several maintenance projects on the go within the Village. For your own safety, please avoid any cordoned-off areas. Please also address any maintenance work or defects on your property to myself, Elvirah or Garth.

In this week's newsletter, we have something for the Formula One fans and also the latest in "caravans".

In Bon Appétit read more about how to cater for a crowd at home. Amateur bartenders can also be on the look out for for two additional flavoured Angostura bitters - both of which are perfect for Winter drinks.

As we approach the cooler weather we will naturally be spending more time indoors but be mindful of allowing yourself too much "screen time". Read more about this in Health & Wellness.

For all the music lovers, we end the newsletter with a very interesting piece on another great composer, George Frederic Handel. Enjoy the read and remember to click on the link to listen to 3 selected pieces.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

Week 17

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Screen time overload? Here's how to regain control and boost your health

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ACTIVITIES & EVENTS

MON 24 APR	TUE 25 APR	WED 26 APR	THUR 27 APR	FRI 28 APR	SAT 29 APR	SUN 30 APR
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 19 APRIL CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15H00  MOVIE CINEMA ROOM	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
				17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		18H00 FRIDAY NIGHT DINNER BISTRO		

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

APRIL

DINNER SERVICE - 28TH
DUNLOP EXPRESS VISIT - 25TH
MOVIE - 26TH

MAY

OPERA - 2ND
DINNER SERVICE - 5TH, 12TH
ROYAL CORONATION - 6TH
GARDEN TALK - 9TH
MOTHER'S DAY LUNCH - 14TH
BINGO NIGHT - 18TH
SPECIAL EVENT - 19TH
FELLOWSHIP - 3RD, 17TH, 31ST
MOBEE CARWASH - 10TH, 24TH
MOVIE - 24TH
SPECIAL EVENT - 26TH

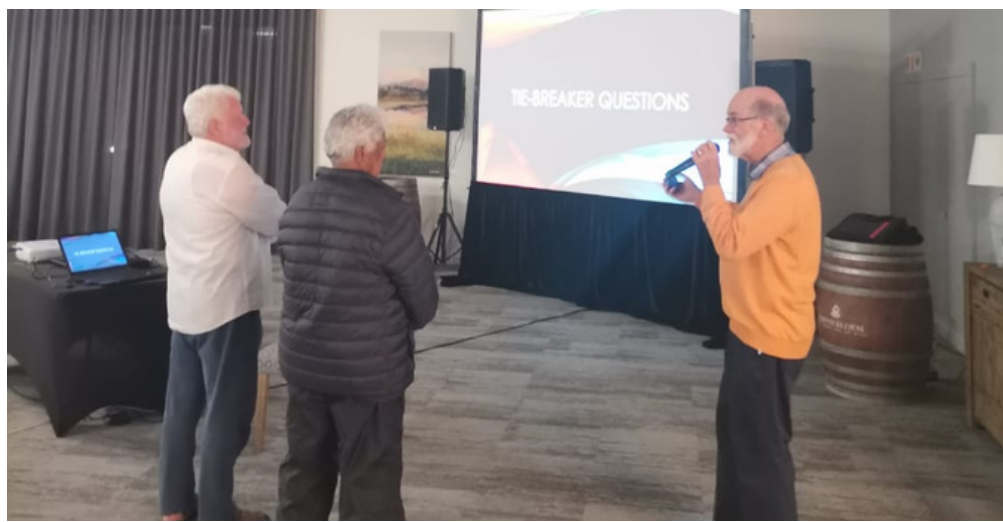
JUNE

DINNER SERVICE - 2ND, 9TH, 30TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

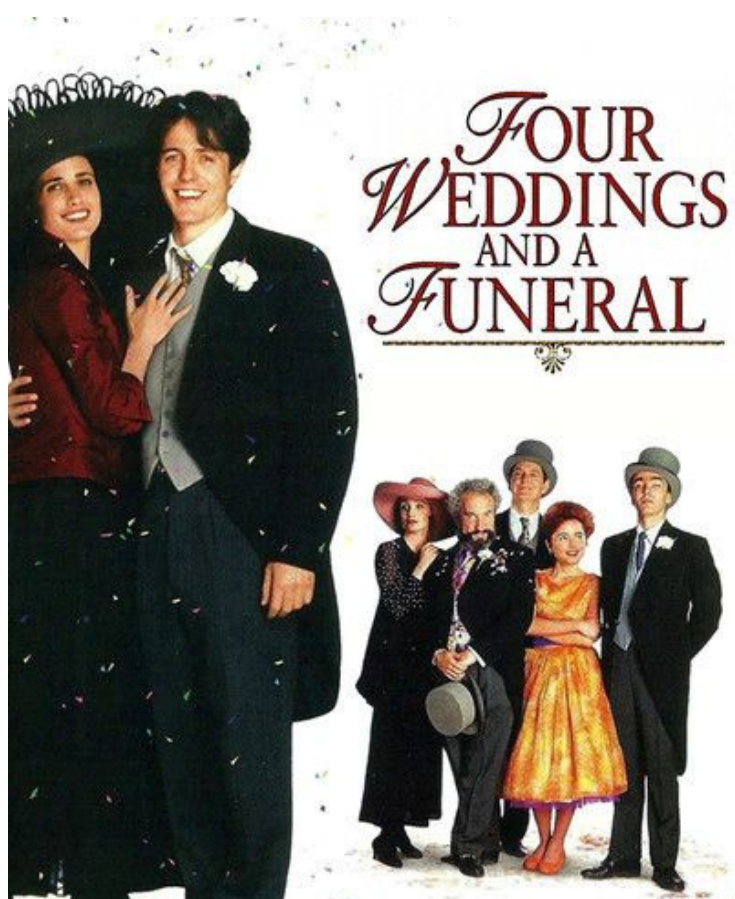
ACTIVITIES & EVENTS

INTER-VILLAGE QUIZ NIGHT

Thank you to everyone who attended this months Quiz Night. It was great to have residents from other villages join in the fun! Congratulations to all the winners! One of the teams from Lake Michelle were overall winners while Muizenberg took Noordhoek out in a tie-breaker to be crowned "Best Village". Thank you also to Mike Chiles who puts in hours of prep work in order to entertain and educate us on the night. We could not ask for a better Quiz Master.



ACTIVITIES & EVENTS



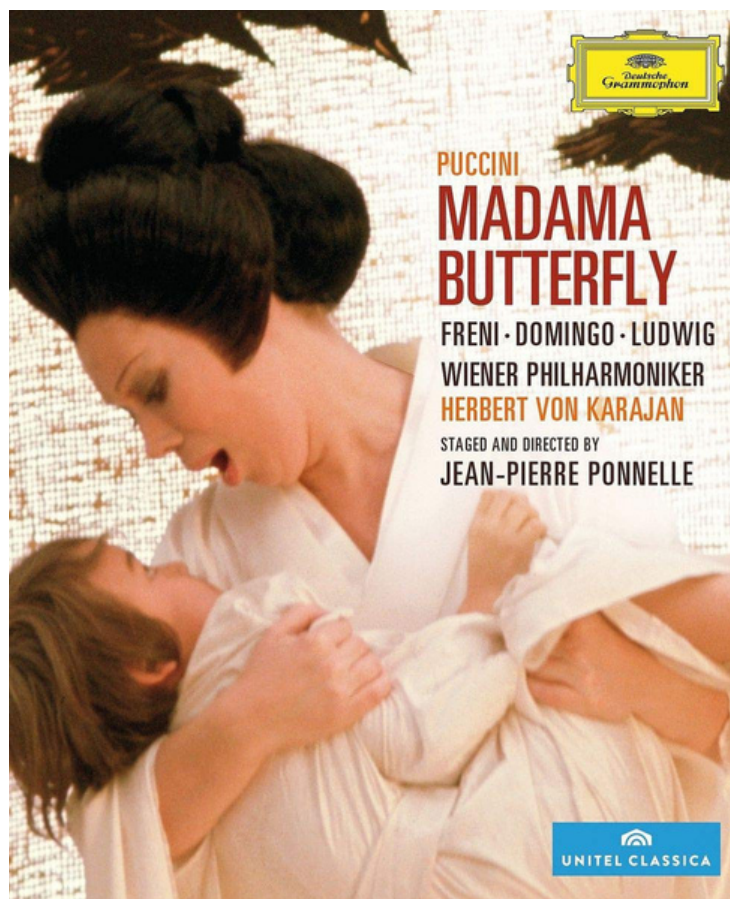
MOVIE - 26 APRIL

Four Weddings and a Funeral is a 1994 British romantic comedy film directed by Mike Newell. It is the first of several films by screenwriter Richard Curtis to feature Hugh Grant, and follows the adventures of Charles (Grant) and his circle of friends through a number of social occasions as they each encounter romance.

VENUE: CINEMA ROOM

TIME: 15H00

RSVP: CLARE. EXT 2039



OPERA - 2 MAY

Madama Butterfly is a Puccini masterpiece. A truly tragic story with some of the most beautiful music in all opera.

As was customary in the early 20th Century an American officer based in Japan could arrange a "marriage" with a local girl for the duration. Pinkerton is an officer on the USS Abraham Lincoln and with the help of some local "fixers" he arranges to "marry" Cio-Cio-San (called Butterfly by her friends) an innocent very naive, very young woman. She believes it is a real marriage forever and even converts to Christianity. Pinkerton sails away and Butterfly spends every day waiting for his return to resume their marriage. She finds she is pregnant and has a son. Eventually Pinkerton does return and that's where tragedy strikes.

This production is actually a movie based entirely on the opera with a star studded cast including Placido Domingo, Mirella Freni, Christa Ludwig and conductor Herbert von Karajan. Sing in the original Italian with English subtitles

VENUE: CINEMA ROOM

TIME: 15H00

RSVP: MIKE JACKLIN. EXT 2112

ACTIVITIES & EVENTS



TAI CHI CLASSES (NEW)

We offer Tai Chi classes at Evergreen Noordhoek, Noordhoek Community Centre (next to Jakes on the Common), and Christ Church, Constantia. Come and join the Deep South Tai Chi group on Monday, Wednesday and Friday mornings, and reap the many benefits the practice of Tai Chi will give you. It is recommended that one attends classes at least twice a week in order to learn the form.

As we get older, the importance of moving and keeping our bodies healthy and supple cannot be emphasised enough. Tai Chi is a form of exercise that absolutely anyone can do, and the benefits of these gentle movements include relief from stress-induced illnesses, healthy circulation, balanced blood pressure, better breathing, improved sleep patterns, help with arthritis pain, promoting healthy bone density, keeping muscles and tendons supple and strong, helping with balance and stability, and improve concentration.

Classes are held on Monday mornings from 9am - 10:15am at the Noordhoek Community Centre, Wednesdays from 9am - 10am in one of the activity rooms in the clubhouse at Evergreen Noordhoek, and Fridays from 8:15am - 9:45am at Christ Church, Constantia. Pop in anytime to say hi, meet the group, and do a free first session. (Monthly fees for pensioners are R330) Wear something loose and comfy. We look forward to seeing you there!

For more information, contact Fiona on 082 920 1818 via Whatsapp.

ACTIVITIES & EVENTS

DUNLOP EXPRESS
FISH HOEK

**TYRES
& AUTO**



WE WOULD LIKE TO INVITE YOU FOR A FREE COMPREHENSIVE TYRE ASSESSMENT. PLEASE FEEL FREE TO NOTIFY US OF ANY MECHANICAL OR SUSPENSION RELATED CONCERNS THAT YOU MIGHT HAVE AND WE WOULD BE HAPPY TO HAVE A LOOK AT IT FOR YOU. IF WE CANNOT DIAGNOSE IT ON THE SPOT, WE ARE HAPPY TO BOOK IT INTO OUR FISH HOEK WORKSHOP FOR A FREE ASSESSMENT.

WHEN : TUESDAY, 25 APRIL

TIME: STARTING AT 11AM

VENUE: MAIN PARKING AREA

RSVP: WITH RECEPTION BY 17H00, 24TH APRIL

Tyres



Brakes



Clutch



Vehicle
Diagnostics



Gearbox



Shocks



Steering



Exhausts



4WD



Services



IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

25 APRIL

BOB THOMAS - Lake Michelle

26 APRIL

JANET JACKSON - Lake Michelle
SHONA FARQUHARSON - Noordhoek

29 APRIL

DIANNE CHILES - Noordhoek

30 APRIL

ROSE MENY-GIBERT - Noordhoek

ANNIVERSARIES

28 APRIL

HENRI & SALLY SMITH
Noordhoek



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Beef Stroganoff served with herbed rice and roasted vegetables

OR

Smoked kassler pork chop served with mashed potato and roasted vegetables

TUESDAY

Chicken and mushroom pot pie with garlic and herb smashed potato and green beans

OR

Salmon fishcakes with garlic and herb smashed potato and sauteed carrot and broccoli

WEDNESDAY

Creamy beef mince pasta served with a green salad

OR

Chicken kebab served with curry noodle salad and a carrot and pineapple salad

THURSDAY

Pork and vegetable stew served with rice

OR

Blue cheese and caramelized onion quiche served with a garlic roll and a side salad

FRIDAY

Beer battered hake served with fries, tartar sauce, lemon wedge and a side salad

OR

Steak and peppers roll served with fries

SATURDAY

Crumbed calamari served with lemon wedges, savoury rice and tartar sauce

OR

Rib burger served with mushroom sauce and fries

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

DINNER MENU - R95

FRIDAY NIGHT

Fried fish & calamari served with fries, tartar sauce, lemon wedge and coleslaw.

OR

Pork Ribs served with fries and coleslaw

SUNDAY LUNCH - R145

MAIN COURSE

Roasted garlic and herb lamb served with red wine jus, roasted potatoes and seasonal vegetables.

DESSERT

Upside down pineapple cake served with custard.

BOYS & THEIR TOYS



2022 ORACLE RED BULL RACING SHOW CAR SIMULATOR - CHAMPIONS EDITION

(ONLY £99,999)

ARTICLE BY: F1 AUTHENTICS.COM

Feel like a Red Bull Champion and become the proud owner of this official Show Car Simulator reflecting the team's 2022 competitor – the Championship-winning RB18. This Champions Edition simulator offers the ultimate racing experience for an F1 fan, bringing you closer to on track action.

FEATURES:

- Official Show Car Simulator – Champions Edition Oracle Red Bull Racing RB18 from the 2022 season – Championship-winning season
- Driver livery of your choice – Verstappen or Pérez Comes with everything you need to plug in and play
- Show car nose & front wing assembly – removable halo
- The latest gaming hardware

SPECIFICATIONS

- Made using the same processes as the real race cars
- Made from official Oracle Red Bull Racing CAD data
- Developed using composite tooling
- Hardware is finalised in partnership with Oracle Red Bull Racing
- Premium curved AOC gaming screen & speakers
- Working adjustable gaming pedals
- Dedicated chassis plate (right)
- Official Red Bull Racing livery applied force feedback paddle steering wheel featuring go-race quick-release
- Z906 Ultimate THX Surround Sound
- Dimensions: Length: 4.1m / Width: 1.4m / Height: 1.2m approx.
- Approximately 160kgs (including hardware)
- This Show Car Simulator has been expertly made by Memento Exclusives (F1 Authentics) in collaboration with the 2022 Constructors' World Championship-winning team, Oracle Red Bull Racing. Created using the same processes as the real race cars, these Show Car Simulators offer an unparalleled F1 experience. These simulators are also very similar to the ones used by the drivers themselves as they prepare to storm the F1 tracks, allowing you to feel even closer to the sport and the drivers you love.

Each Simulator has been made from official Oracle Red Bull Racing CAD data and has been developed using composite tooling to create patterns, which are then used to make carbon fibre moulds via an autoclave. Each mould is then used to recreate each specific part of the car's bodywork. The Champions Edition simulator comes with a show car nose and front wing assembly, completing the simulator for a more authentic experience and look.

The hardware is finalised in partnership with the race team, providing only the best market-leading options. This simulator also gives you the choice to have either Max Verstappen's Championship-winning livery or Sergio Pérez's livery from the season, meaning you can tailor the simulator to your chosen F1 driver preference. Use the drop down above to select your driver livery preference.

This is an incredible opportunity for F1 fans to feel like a racing ace themselves and bring the thrill of F1 to you.



LIGHTSHIP L1 POP-UP CAMPING TRAILER

ARTICLE BY: BLESS THIS STUFF.COM

Lightship is revolutionizing the camping industry with its L1 Pop-Up Camping Trailer, designed specifically for electric vehicles. The L1 is a battery-powered trailer with an optional drive motor that significantly reduces the towing demand for the main vehicle. With an onboard battery of 80kWh and integrated solar panels, the L1 can charge an EV or a home while offering a range extension to your vehicle. At 27 feet long and 8.6 feet wide, the L1 sleeps up to six adults, and has a roof that raises to 10 feet when parked and a retractable awning for added space. The L1 is available for a fully refundable \$500 deposit, with production set to begin in late 2024 at an estimated price of \$125,000. The Lightship L1 is the ultimate solution for off-grid camping with an electric vehicle.



BON APPÉTIT



KITCHEN CONFIDENCE: HOW TO COOK FOR A BIG CROWD AND PULL IT OFF LIKE A NINJA

ARTICLE BY: FOOD₂₄

There is likely a lengthy list of things people would choose to do than cook for a large group of people. Unless you have that Jewish grandmother-esque sensibility (who else do we know that whips a 3-course meal for 10+ people EVERY FRIDAY NIGHT?), cooking for more than 3 people can be nerve-wracking. But, it doesn't have to be. There are certain things you can do (and shouldn't do) to set yourself up for crowd-cooking success.

THINK BIGGER (CUT) PICTURE

Let's get one thing straight: now is not the time to be faffing with individual portions of anything. So you make a mean steak for 2? That doesn't mean it won't cause you immense, unnecessary stress cooking for 12.

Instead, make friends with your butcher (which you've ideally done long before reading this article) and pick out something you can slow cook. The reason slow cooking is a winning approach is that you a) you have the option of cooking the main component of your meal way in advance and b) you don't need to fiddling around with internal temperatures or worrying if something is cooked.

These more braise-friendly cuts also tended to be cheaper, so you won't bankrupt yourself by buying fillet for everyone and then worrying about if it's overdone. Generally, something tender and meltingly soft is the sign it's ready. In a dream dinner party set up, you'll pop your protein (be it beef, lamb, chicken or fish) into the oven at a medium-ish heat and forget about it for a little bit while you get on with something else.

OUTSOURCE

I'd like to think you're inviting over reasonable humans who will inevitably ask 'what can I bring?' and this is where you act strategically. If your guests are culinarily-inclined, ask them to bring a course, such as a simple soup or a side salad. If they're not, ask them to bring something specific that takes one thing off of your list – like crackers and preserves for a cheese platter or ice cream and toppings for dessert.

DO-IT-YOUR-DAMN-SELF

Your friends love you and don't want you to freak out, so capitalise on this by having some kind of DIY element. Put out a big-batch cocktail for them to help themselves to, or a spritz station so that you don't have to keep an eye on empty glasses. Similarly, skip the first course and set out bowls of dips, pâté and seasoned ricotta cheese, crudites and crackers, so that you know no one is starving and you can focus on finishing mains.

PLAN YOUR MENU CLEVERLY

Assuming you're following my 'stick something in the oven' advice, cement your success by planning the rest of your meal around the available cooking space. Make sure the stove top isn't being completely overcrowded with pots, but equally make sure you're not jamming too many things into the oven to roast. Think of dishes that incorporate sauteed or steamed elements, or even raw ones – a clear counter top encourages a clear mind. Also, think of what can be done in advance – for example, most braises can be cooked the day before and reheated to serve, and salad dressings and dips can be thrown together and stored in the fridge.

KEEP IT SIMPLE

Probably the most important piece of advice is this one – keep it simple. These are your loved ones, who won't judge you for not serving something complicated and fiddly – we have many, many restaurants who do this so we don't have to. Generally, the formula of a braise (or a slow roast chicken), with a starchy side (such as roasted potatoes, or polenta), sauteed veggies and a punchy salad are all you need. You don't need 3-courses, and you certainly don't need 7 different elements on a plate.



LATEST BITTERS INNOVATION (FINALLY) COMES TO SOUTH AFRICA

ARTICLE BY: FOOD & HOME

The House of Angostura, world renowned for its aromatic bitters, has added two further flavours to its South African portfolio with its latest innovations – ANGOSTURA® orange and ANGOSTURA® cocoa bitters.

ORANGE IS BACK

Almost two centuries after the first ANGOSTURA® aromatic bitters was produced, the House of Angostura developed and launched ANGOSTURA® orange bitters to great anticipation in 2007. It has been absent from the South African market over the past few years due to the politics surrounding bottle size regulations but has remained a top seller across the globe. Well, orange is back!

Using only the best sun-ripened Caribbean oranges, ANGOSTURA® orange bitters is a skilfully blended preparation of orange extracts and spices made from its own special recipe. With its bright, fruit-forward, spicy citrus notes it is wonderfully versatile, pairing perfectly with vodka, gin, vermouth and whiskey.

It can enhance any drink calling for orange twists or slices and is the perfect accompaniment to savoury sauces, seafood dishes and chocolate desserts.

Having already been introduced to the flavour, mixologists and foodies alike will no doubt be pleased to see the orange-labelled bottle back on the shelves alongside the aromatic bitters bottles with the unmistakable yellow cap.

COCOA IS THE NEW BLACK

Then, after years of continuous research and trials, the rest of the world said hello to ANGOSTURA® cocoa bitters in 2020. It is now officially available in South Africa with the label and cap boasting the famous purple hues of its key ingredient – the world's finest indigenous Trinitario Cocoa from Trinidad and Tobago.

Continuing to push the boundaries of flavour, ANGOSTURA® cocoa bitters takes inspiration from T&T's history and local heritage, resulting in a truly decadent, indulgent flavour. The new product adds a delicate, sweet and elegantly balanced flavour to The House of Angostura's bitters line, which makes it one of their most exclusive innovations in decades.

ANGOSTURA® cocoa bitters contains top notes of rich, floral and nutty cocoa combined with an intoxicating infusion of aromatic botanicals. Crafted to inspire creativity and experimentation with flavour combinations, this new product is ideal for use in both professional and at-home settings, and for sweet and savoury applications. It pairs perfectly with sweet vermouth or aged spirits, like whiskey, rum, cognac and tequila so it can be used to bring new layers of depth and complexity to classic cocktails or put a luxurious spin on a main dish or sweet treat.

HEALTH & WELLNESS



SCREEN TIME OVERLOAD? HERE'S HOW TO REGAIN CONTROL AND BOOST YOUR HEALTH.

ARTICLE BY: THE DAILY MAVERICK

How long do you spend staring at a screen every day? According to one report, the average person spends about seven hours a day on screens connected to the internet. And that figure is going to be even higher if your job is mainly done in front of a computer. Most of us over-use digital devices, spending too long either working or enjoying being distracted on phones, tablets, laptops or even VR headsets. We are accused of being addicted to tech and warned of the dangers to our physical and mental health.

One significant paradox here is that we often retreat into the digital world to escape the stresses of the physical world, but can end up simply collecting other kinds of digital and physical stress along the way. As a parent, I became concerned a few years ago about the effect my digital life was having on my work and family.

I did some research of my own, changed the way I used my devices and even wrote a book about the dangers of what I call the “digital inferno”.

It's only in recent years that longer-term studies have been published on the issue. And taken together, these studies comprise a growing and significant body of knowledge, that is hard to dismiss or ignore: too much tech can cause issues for us humans.

To be clear, digital devices offer significant benefits – think connection, education, and entertainment. The danger is when our overuse of them becomes toxic to our health.

Read in Daily Maverick: Kids' screen time rose by 50% during the pandemic. 3 tips for the whole family to bring it back down

From a personal perspective, eye strain, neck ache, poor sleep, stress, repetitive strain injuries of all kinds and impaired hand function are just a few of the symptoms I've had over the years thanks to my overuse of screens and devices – and research shows I'm far from alone.

If any of these symptoms describe you (or anyone you know), or you just feel too much of your life is taken up with staring at a screen, then you might find my advice on how to regain control of your tech helpful.

HOW TO REGAIN CONTROL

1. Practice putting down your digital devices consciously

Keep them out of sight and put them away when you aren't using them, especially at night. Banish them from the bedroom, get an alarm clock (so you aren't using your phone alarm) and you'll sleep better without the late-night scrolling. And get out of the habit of watching TV with your phone next to you. Just focus on one task at a time without the distraction of another screen.

2. Set yourself screen time limits

Too much screen time can give you headaches. Be mindful of the way you use your tech and make use of features like voice notes, which allow you to stay up-to-date with communication without staring at a screen for a long time.



3. Stop allowing digital distractions

Constant interruption can induce physical and mental stress. Turn off notifications and alerts when you want to fully focus on a task. And keep your phone off your desk. Research shows that having your phone nearby, even if it's not buzzing or ringing and even if the power is off, can hurt your performance.

4. Schedule proper digital-free time

Depression and anxiety is one result of digital overload. So getting away from your digital world for a while is important. Take a walk in nature, read a book, go for a bike ride – anything that takes you away from the screens for a while.

5. Make screens easier on the eyes

Screen overuse can strain our eyes and affect our eyesight. Don't squint at tiny screens to do work that would be better done on a larger-screen laptop. Reduce the blue light on devices and make use of all the other helpful accessibility features. Start with that screen glare. And also make sure the volume doesn't burst your ear drums.

6. Take control of the chaos of information overload

Organise your phone, computer and tablet so you can use them more efficiently. Some apps really do help you take charge of your life and work more calmly and effectively. Time-tracking apps measure how much time you're spending (wasting) on your screen – prepare to be horrified! We regain mastery over our digital devices when we become more proactive in their use.

7. Sit well when you are digitally engaged

Slouching over a phone or hunching over your laptop will harm your neck and your back. Sit upright, stretch regularly and exercise often – without your phone.

BE A DIGITAL DECIDER

These seven tips should help you regain a sense of control over your digital life. For me, it's all about sleeping and waking better after leaving my phone downstairs. It's about having dedicated, planned digital time and specific times when the phone has no place in what I'm doing. Yet it's also about enjoying these tech miracles in a more satisfying way and using them more consciously. I like to think of myself now as a digital decider and not just another digital casualty. DM



CLASSICAL CORNER



THE GREAT COMPOSERS SERIES: GEORGE FRIDERIC HANDEL

ARTICLE BY: PETER LEVER

INTRODUCTION

This is the fourth in the series, which now follows a time line of the lives of the composers I am describing. G F Handel was born in the same year as J S Bach (1685) although outliving him by nine years and his music can also be classified as being late Baroque through into the early Classical periods. As he developed, his works became familiar to many of the well-known composers of the period in Germany and Italy thus being well respected by his peers and subsequent greats such as Haydn, Mozart and Beethoven. Like J S Bach he is associated with choral music except that he tended to write more in the opera style than specifically for church music.

GEORG(E) FRIEDERICH HÄNDEL (1685 – 1759)

Born in Halle, Brandenburg-Prussia his baptised German surname was actually Händel (mit Umlaut) and his first name spelt without ending in “e”. His father had worked hard from nothing to reach the status as a qualified Barber-Surgeon to the local noble court and, as with most parents, he wanted his son to have a better education and future than himself. So when the very young Georg showed a deep interest in music he was actively discouraged from following this seriously –

his father wanted him to study law at the University of Halle. An unproven story goes that, showing great enterprise, the young Georg secretly smuggled a small spinet/clavichord (keyboard instrument) into his bedroom on the top floor of home to practice music. He managed to gain recognition from the local noble (Johann Adolf, Duke of Saxe-Weissenfels) so he was able to receive some musical training at the Halle parish church from its organist Friedrich Zachow whose emphasis was on the German and Italian styles; ultimately this was the only formal music training that Georg ever received. During this time he gained proficiency on the harpsichord, organ and violin along with developing an affection for the oboe (hautbois).

His father died in 1697 and although still very young, this freed Georg up to travel for more musical experience and he went to Berlin. However, his father had left finance for him to attend the University of Halle, so he was enrolled for a general education in the liberal arts including law. Whilst there he accepted the position of organist at the local Domkirche for one year and it was interesting to note that, in contrast to J S Bach’s development, Georg seemed to have avoided becoming obsessed with composing music purely for the church and started to focus on secular, dramatic music. This may have come about through meeting some Italian musicians and being introduced to Telemann who, although four years older, was studying law at Leipzig. Georg left for Hamburg to develop his musical experience but shortly after found that Italy was more to his taste and interest. Details of his career have always been unreliable but there can be little doubt that Italy gave him a lifelong interest in opera – at that time the essence of all operas was in the Italian language throughout Europe.

Georg was astute enough to know that financial stability as a composer came through the patronage of the nobility and in June 1710 he was fortunate to become the Kapellmeister (conductor/director) to Prinz George, the Elector of Hanover, the significance of which follows shortly – however, he left at the end of the year to go the England.

There, he soon developed several wealthy, noble and influential patrons and quickly decided to settle in England by 1712. He became a naturalised British subject in 1727 and anglicised his name to George Frideric Handel (ohne Umlaut) at that stage. The Elector of Hanover became King George I of England in 1714 and reigned until 1727 so G F Händel (G.F.H.) lost no time in renewing his acquaintanceship! He composed one of his most well-known works for the new King, the Water Music, which was performed 3 times in July 1717 on barges towed up and down the River Thames.

Amongst his other wealthy patrons was the Duke of Chandos - G.F.H. appeared to have developed a good commercial sense and registered the Royal Academy of Music in 1719 and the Duke was one of its primary subscribers. The company was created for the purpose of promoting and performing the many operas that G.F.H. was writing. Of topical interest, both the Duke and G.F.H. were investors in the slave-trading Royal African Company (R.A.C.) and seemingly 32% of the investors in the Royal Academy of Music were also investors in the R.A.C.

Gradually, G.F.H. moved away from the Italian language and storylines of Italian opera and started to write his works in English with religious storylines from the Middle East - this again was considered to be an astute commercial move as he recognised that it was amongst the burgeoning middle-classes that the audiences would come from and it helped considerably if they could understand the storyline in English. In addition, he moved towards writing Oratorios which meant the choir and soloists simply sang from the stage and no acting or expensive sets were required.

Importantly, he was commissioned to write 4 anthems for the coronation of the new King George II in 1727 - one of these, Zadok the Priest, has been performed at every British coronation since including that of King Charles III in May 2023. However, his most famous work is the oratorio Messiah first performed in Dublin in April 1742. I'm sure that most of you are aware of the effect on King George II when he heard the Halleluah Chorus at the first London performance leading to the tradition of all standing by the audience. A couple of lesser known facts are that G.F.H. wrote the work in only 24 days (he was struggling financially at the time) and also that it was not immediately successful in England taking a couple of years before its quality was appreciated. It is a very established work nowadays and nearly

every small town has a (shortened) performance at Christmas and Easter - I have played in the orchestras of so many of these enthusiastic amateur performances over the years before we moved to Cape Town. The other main work that G.F.H. is famous for was written and performed in 1749 and named Music for the Royal Fireworks, a digital link for which I am providing.

George Frideric Handel died in 1759 following a similar botched operation for the removal of cataracts by the same eye surgeon that resulted in the death of J S Bach. He was buried in Poets Corner in Westminster Abbey as a tribute from his adopted country.



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