

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“Tell me and I forget, teach me and I may remember, involve me and I learn.”
Benjamin Franklin

Dear Residents,

I hope you've all had a good week.

We have reached the end of our first winter month and it's safe to say we are in for an interesting winter.

The Bohemian Rhapsody movie screening was an absolute hit yesterday! We may need to consider scheduling a second screening in order to accommodate more residents where the need arises. It is exciting to see how well our village activities and events are being supported.

With July on our doorstep, we have plenty to look forward to, we will be hosting our first market for the year on the 14th of July. Please make sure to keep this afternoon free so you can come and support some local traders. Friends & family are most welcome.

We also have the much-anticipated Christmas in July coming up on the 28th, of which more details will follow. Due to the influx of interest in this specific event of the year, preference will be given to residents first when bookings are made.

With Voltano spending most of the week attending to resident queries and concerns, I hope that everyone has a better understanding on how the new utility system works. The front desk team will also act as a point of contact for any further questions or queries which will be forwarded onto Voltano on behalf of residents.

Some residents will be pleased to see that we have brought back our "Classical Corner" which has been compiled by Peter Lever.

And with that said, we encourage residents to get involved with the content of the Aloe Aloe. We aim to have an editorial committee who would fuel this, but until such a time, kindly share any ideas with Mike Chiles from House 61.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 27

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

What's On The Menu

Delicious meals on offer this week!

Classical Corner

Wolfgang Amadé
MOZART

ACTIVITIES & EVENTS

MON 03 JULY	TUE 04 JULY	WED 05 JULY	THUR 06 JULY	FRI 07 JULY	SAT 08 JULY	SUN 09 JULY
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	CALLENETICS RESUMES 18TH JULY ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	LOW IMPACT CARDIO RESUMES 20TH JULY 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	09H00 12th & 26th MOBEEWASH	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	10h00 12th & 26th CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
	14H00 OPERA CINEMA ROOM 1	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM			18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

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

JULY

DINNER SERVICE - 7TH,14TH,28TH
OPERA - 4TH
POP-UP MARKET -14TH
FELLOWSHIP - 12TH,26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
MOVIE - 27TH
CHRISTMAS IN JULY- 28TH

AUGUST

OPERA - 1ST
FRIENDS OF EVERGREEN WOMEN'S DAY EVENT -16TH
QUIZ NIGHT - 24TH
MOVIE - 31ST

ACTIVITIES & EVENTS

Riaan's Fruitvan.

SATURDAY 1 JULY
(10H00-11H00)
LIFESTYLE CENTRE
PARKING AREA

CARD & CASH PAYMENTS ACCEPTED

Opera



Avo special
Papino's
Naartjies
Cara cara oranges
Strawberries
Fresh guavas
Bananas
Variety of veggies
Green fig preserve
Makkataan
Dates
Almonds
Homebaked
-Cookies
-Rusks
-Hertzoggies



TCHAIKOVSKY
EUGENE ONEGIN

MARIUSZ KWIECIEN • ANNA NETREBKO
PIOTR BECZALA

The Metropolitan Opera Orchestra, Chorus and Ballet
VALERY GERGIEV

Production
DEBORAH WARNER

TUESDAY 4 JULY
(14H00)

LIFESTYLE CENTRE
CINEMA ROOM 1

Eugene Onegin is a brilliant opera
composed
by Tchaikovsky and this production
features
three of the greatest singers: Anna
Netrebko,
Mariusz Kwiecien and Piotr Beczala.
Conducted by Valery Gergiev, It is a
Live in
HD production from the New York
Metropolitan Opera.

RSVP to Mike Jacklin - 2112 / 082 900 3248

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

07 JULY

JOYCE FUTCHER- Lake Michelle

08 JULY

PRISCILLA GRIMMER- Noordhoek

09 JULY

BRIAN ROOS- Noordhoek

ANNIVERSARIES

05 JULY

MALTE & VALERIE HAUPTMANN
NOORDHOEK

02 JULY

BEN & DAPHNE RAUBENHEIMER
NOORDHOEK

NEW RESIDENTS

● NO NEW RESIDENTS THIS WEEK



WHAT'S NEW ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Pumpkin & feta quiche served with a garden salad and a garlic roll

TUESDAY

Vegetable stew served with herb dumplings and white rice

WEDNESDAY

Sweet & sour vegetable pie served with potato wedges and pumpkin & peas

THURSDAY

Mexican vegetable bowl

FRIDAY

Butternut & pea biryani served with lemony yoghurt dressing

SATURDAY

Mushroom, spinach & feta strudell served with garlic baby potatoes and seasonal vegetables

WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65

MONDAY

Spaghetti Bolognese served with a side veg & a garlic roll

OR

Chicken breyani served with tomato & onion salad

TUESDAY

Chicken a la king served with parsley rice and seasonal vegetables

OR

Beef fajitas served with egg noodles

WEDNESDAY

Bobotie served with yellow rice, pumpkin & peas with a side sambal

OR

Coq Au Vin served with basmati rice & beetroot

THURSDAY

Pork cabbage & bean stew served with rice

OR

Chicken satay served with peanut butter sauce, potato wedges and a side salad

FRIDAY

Crispy beer battered hake served with chips, tartar sauce, lemon wedge and a side salad

OR

Pork bangers and mash potato served with onion gravy and seasonal vegetables

SATURDAY

Spicy mince parcels served with cream cheese, guacamole and salsa

OR

Fish Au Gratin served with herb mash and seasonal vegetables

THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – FRIDAY 18H00

DAILY MEAL ORDERS BY 09H00

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

FRIDAY DINNER MENU

STARTER

Hearty bean and vegetable soup served with homemade bread – R35

OR

Cauliflower soup served with homemade bread – R35

MAIN COURSE

Grilled or fried fish and calamari served with herbed mash potatoes

OR

Sticky pork ribs served with roasted vegetables and baby potatoes

OR

Homemade chicken and mushroom pie served with herb mashed potatoes and roasted vegetables

SUNDAY LUNCH – R125

MAIN MEAL

Thyme & Lemon roast pork belly served with gravy, roasted potatoes and butternut and green beans

DESSERT

Lammingtons served with ice cream and chocolate sauce

CLASSICAL CORNER



THE GREAT COMPOSERS – SERIES

Wolfgang Amadé MOZART

He composed 41 symphonies, 27 piano concerti, 25 string quartets, 19 Masses, 16 operas, 6 string quintets, 5 violin concertos, 4 concerti for French Horn, a unique concerto for violin and viola, and important works for clarinet, oboe and also the flute – when he died he was only 35 years old.

Wolfgang Amadé MOZART (1756 –1791)

Many of you will have seen the film AMADEUS produced in 1980 about the life of Mozart and, allowing for artistic license, it is perhaps a good way of getting some understanding of the man who was undoubtedly a musical genius. His short life went through many stages of success, hardship, frustration and finally illness yet, above all else, he produced some of the most beautiful music ever written. There are even psychologists who recommend playing Mozart's music quietly at night when difficult children go to sleep as it seems to introduce a calmness into their minds.

One of the features of Mozart's compositions to a player, is to look at the sheet music and think "Oh, this is quite easy" because often the early passages are relatively simple themes; only as the piece develops do you find it gets more complex and increasingly difficult. I have given an example of this in the first of my links showing a simple theme known to most of us as "twinkle, twinkle little star". The harmonies of his compositions are so pure that string players, whether professional or amateur, tend to prefer not starting any concert with a Mozart composition as the slightest error of intonation seems to stand out glaringly.

Introduction

Born in Salzburg to Leopold and Anna Maria Mozart, Wolfgang and his sister Nannerl were the only two surviving children of seven – as observed in my previous articles, the mortality rate of children was very high in those days. His father was a professional musician playing violin and he ensured that his two surviving children were brought up to play instruments and practice music: Wolfgang soon displayed an extraordinary talent from the age of about three learning to play the clavier and violin – soon, when he was five, he was able to start composing his own music and wrote his first symphony at the age of eight.

As with other exceptional young composers, his father encouraged his musical development knowing that such talent could produce an income (if not wealth) for the entire family. Wolfgang's ability was soon being promoted and possibly that had an effect on his reputation of being rather precocious. Nevertheless the musical talent was obvious for all to see and he sits firmly in the centre of the Classical Period.

Click here to enjoy

- [Mozart Piano Variations](#) - example of complexity



In my previous article I said that Haydn was known as the father of the string quartet – Mozart's last 10 string quartets are his most celebrated (berühmten) and, indeed, the last 2 give an indication of just how advanced his musical thinking was developing – who knows what would have resulted had he lived as long as Haydn! The first six of these celebrated quartets were dedicated to Haydn, whilst the last three are known as the "Prussians" being written for the King of Prussia who was a very competent 'cellist' apparently. His 6 string quintets unusually include 2 violas instead of the more traditional 2 'celli – again the last 2 of these works indicate a depth of composition that suggested changes in style and thinking were in the offing which sadly never materialized.

Mozart's works (some 626) have been catalogued in the mid-19th century by Ludwig von Köchel, so that each work is numbered with a K (for Köchelnumber).

Whilst I have mentioned that his music is quite beautiful and often restful (especially the slow movements of his many works) there are many examples of stormy and dramatic moods which occur – these are often written in the Minor keys for dramatic effect. It is too simplistic to say that Mozart regularly displayed humour in his works – after all, he was composing for a living and needed to satisfy audiences in terms of their enjoyment – much of this can be seen in his operas such as The Magic Flute, The Marriage of Figaro and The Abduction from the Seraglio. In 1784 he became a Freemason and the next opera he wrote (Don Giovanni) was very dark indeed although classed as Opera Buffa (comic opera) – perhaps a co-incidence??

THE GREAT COMPOSERS – SERIES

Wolfgang Amadé MOZART

Mozart's last few years in Vienna seemed to have been difficult in terms of him finding commissions to write music – his earnings did not come from an easy and fortunate patronage and seemingly he did quite enjoy spending what he earned. He had, however, been happily married to Constanze (Weber) in 1782 despite his father Leopold feeling that he could have done better – nevertheless it was a marriage of love which sustained him.

Constanze was a trained singer and influenced him in some of his opera music; it is said that a part was written specially for her in the Great Mass in C-minor. Upon his death, she was left with considerable debts but managed to commercialize his compositions well and secured the financial future for herself and the 2 children. His sudden decline in health has various rumours about poisoning from jealous rivals such as Salieri but this has not been substantiated. In the end it seems that he had an illness that resulted in chronic kidney failure. He was composing his famous Requiem but did not complete it. Other have subsequently added the missing sections of the Mass but only his original sections stand out as the work of a genius. Sadly, few people attended his pauper's funeral.

Click here to enjoy

- [Mozart "Gran Partita"](#) - for 13 wind instruments
- [The Queen of the Night aria from The Magic Flute](#)

