

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“Every champion was once a contender who refused to give up”*

-Rocky Balboa

Dear Residents,

I hope you have all had a great week.

What an eventful sporting week we have had with our female netball & soccer teams showing such great talent and sportmanship in the respective World Cup Games. Banyana Banyana made history on Wednesday by advancing to the last 16 of the Women's World Cup. Whilst the Netball Proteas unfortunately have had an anti-climatic close to their run in the Netball World Cup as they will not be advancing to the semi finals. Residents are welcome to enjoy the live games in the lifestyle centre. (Cinema bookings will need to be done via reception on a first come first serve basis).

Next week, we look forward to a very informative talk about the MasiSports Project which will be hosted by Vince van Der Bijl. This presentation is an eye-opener for what can be achieved with the right level of commitment

Please RSVP to Peter Lever at House 55 Noordhoek on Ext-2055 or on levertms@mweb.co.za, no later than midday Saturday 5 August. Kindly be present not later than 2.45 p.m. on Monday 7 August. This presentation is really worth attending.

Kindly click on the link below to learn more about MasiSports.

## MasiSports

This coming week we also have another Opera viewing to look forward to. Space is limited and so booking is essential. Information has been shared on the Rescom communication group (if you are not currently on this group - kindly inform Mike Chiles at House 61) If you would like to book for the Opera or require more information, kindly contact Mike Jacklin at House 112 on Ext 2112.

In this edition we have another Classical Corner for all Beethoven fans. We thank Peter Lever for compiling yet another interesting read towards the newsletter.

The office team has welcomed many new residents into their apartments and into the village this week. We encourage all existing residents to extend a warm welcome to them as they join us at Evergreen Noordhoek.

Wishing you all a wonderful weekend.

Regards  
The Evergreen Team

## Week 32

### 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

Ludwig van Beethoven  
(1770 – 1827)

# WEEKLY EVENTS

MON 07 AUG	TUE 08 AUG	WED 09 AUG	THUR 10 AUG	FRI 11 AUG	SAT 12 AUG	SUN 13 AUG
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLNETICS ACTIVITY</b> ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
		09h00 <b>TÁI CHI (2)</b> ACTIVITY ROOM 1	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	09h15 <b>AQUA AEROBICS</b> POOL		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE ACTIVITY</b> ROOM 2	09H00 09th & 23rd <b>MOBEEWASH</b>	10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2	14h00 <b>GOLF CROQUET FISH HOEK BOWLING CLUB</b>	10h00 09th & 23rd <b>CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE	14h00 <b>BRIDGE ACTIVITY</b> ROOM 2			12H00 <b>SUNDAY LUNCH</b> BISTRO
	14h00 <b>OPERA CINEMA</b> ROOM 1		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
15h00 <b>MASICORP TALK</b> UPSTAIRS LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		18H00 <b>DINNER</b> BISTRO		
		 <b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>				

# 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

### AUGUST

DINNER SERVICE 4TH, 11TH & 25TH  
OPERA - 8TH  
FRIENDS OF EVERGREEN WOMEN'S DAY EVENT - 16TH  
LADIES MEET & GREET 23RD  
QUIZ NIGHT - 24TH  
MOVIE - 29TH  
ANNUAL GENERAL MEETING

### SEPTEMBER

OPERA - 5TH  
BINGO - 21ST  
HERITAGE DAY PRESENTATION - 24TH  
MOVIE - 28TH

# GROUPS & EVENTS

## MasiSports



Speaker: Vince van der Bijl (former Proteas fast bowler)  
Venue: Mezzanine Lounge, Lifestyle Centre  
Date: 15:00, Monday 7 August 2023

# GROUPS & EVENTS

## RIAAAN'S FRUITVAN

Saturday 5 August (10h00-11h00)  
Lifestyle Centre Parking Lot



Avo special  
Papino's  
Naartjies  
Oranges  
Strawberries  
Fresh guavas  
Bananas

Variety of veggies  
Honey  
Makkataan  
Dates  
Homebaked  
-Cookies  
-Rusks  
-Hertzoggies

## BUDDY GROUP

### TRANSPORT

- June Pitterman Ext 2014
- Mary Jennings - Ext 2019
- Irene Uffhaus- Ext 2031
- Rose Hoepner - Ext 2067
- Heather McLeroth -Ext 2140
- Rowan Mentis - Ext 2150
- Bridget Coyne - Ext 2002
- Mary Smit - Ext 2048
- Nigel Bye - Ext 2064 (Bowls)

### TECHNOLOGY

- Heather McLeroth - Ext 2140
- Phillip Van Blerk - Ext 2138
- Peta Sarkis - Ext 2101
- Mike Chiles - Ext 2061

### HANDYMEN

- Lutz Uffhaus -Ext 2031
- Ted Brander- Ext 2050
- John Payne - Ext 2077
- Brian Brooks - Ext 2098
- Bill Ramage - Ext 2040
- Dave Frost - Ext 2054

### GARDENING ADVICE

- June Pitterman - Ext 2014
- Mary Jennings - Ext 2019
- Irene Uffhaus - Ext 2031
- Susan Van Der Spek - Ext 2065

### VISTIING THE SICK OR LONELY

- Mary Jennings - Ext 2019
- Rose Hoepner - Ext 2067
- Carine Salter - Ext 2105
- Heather McLeroth - Ext 2140
- Rowan Mentis - Ext 2150
- Phillip Van Blerk - Ext 2138
- Bill Ramage - Ext 2040
- Nicky Ing - Ext 2006

### DOG WALKING

- Sue Van Der Spek - Ext 2065
- Rose Hoepner - Ext 2067
- Karin Fischer - Ext 2130

# IT'S A CELEBRATION

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*Count your age by friends, not years.*

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

## BIRTHDAYS

**06 AUGUST**

BENITA VAN DEN BOS- Lake Michelle

**07 AUGUST**

GORDON FARQUHARSON- Noordhoek

JOYCE FUTCHER- Lake Michelle

**08 AUGUST**

BOB BALL- Noordhoek

MAUREEN SOULE - Noordhoek

**12 AUGUST**

PETER LEVER- Noordhoek

CELIWE NKOSI - Noordhoek

## ANNIVERSARIES

**08 AUGUST**

DON & CLARE YEOWELL

Noordhoek

**12 AUGUST**

MIKE & DIANNE CHILES

Noordhoek

## NEW RESIDENTS

ROY & VERONICA ROBERTSON

APARTMENT 12

LOUIE RUSHBY

APARTMENT 208

ROBERT & WENDY DICKS

APARTMENT 116

GWEN HEWETT

APARTMENT 222



# 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

Roasted butternut and mushroom stew served with creamy mashed potatoes and pan-fried greens

### TUESDAY

Vegetable curry served with basmati rice and sambals

### WEDNESDAY

Sweet corn fritters topped with onion marmalade served with a side salad

### THURSDAY

Red onion and blue cheese quiche served with a Greek salad

### FRIDAY

Mexican vegetable bowl

### SATURDAY

Vegetable and cheese quiche served with a salad

# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS – R65

#### MONDAY

Cape Malay Bobotie served with yellow rice steamed butternut and sambals

OR

Chicken parmigiana served with creamy mashed potatoes and pan-fried greens

#### TUESDAY

Pan-fried hake served with tomato relish and Savoury rice

OR

Bacon and mushroom pasta bake served with a green salad

#### WEDNESDAY

Sticky lemon and herb chicken served with champ potatoes and roasted vegetables

OR

Beef breyani served with sambals and lemon yoghurt dressing

#### THURSDAY

Cantonese pork spring rolls served with dipping sauces and a side salad

OR

Chicken and broccoli bake served with basmati rice and steamed pumpkin

#### FRIDAY

Beer battered fish served with chips, tartar sauce, lemon wedge and a green salad

OR

Cape Malay chicken curry served with basmati rice and sambals

#### SATURDAY

Salisbury steak served with mushroom sauce and creamy mash potatoes and seasonal vegetables

OR

Salmon and spinach quiche served with a side salad

## THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – FRIDAY 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

### WEEKLY BISTRO PROMOTIONS

#### MONDAY

Creamy chicken and corn soup served with bread rolls – R40

#### TUESDAY

Warm flapjacks served with goldeb syrup and coffee – R40

#### WEDNESDAY

Mushroom soup served with bread rolls – R40

#### THURSDAY & FRIDAY

Calamari and chips served with tartar sauce and a lemon wedge, and a glass of wine – R75

#### SATURDAY & SUNDAY

Homemade cake and coffee or tea – R50 pp / R85 for 2

### FRIDAY DINNER – R95

#### MAIN COURSE

Homemade beef burgers topped with cheddar cheese, lettuce, tomato, red onion and cucumber served with fries

OR

Crumbed chicken breast served on a burger bun topped with Mushroom sauce and a side of fries

OR

Battered hake and calamari served with tartar sauce, lemon wedge, green salad and fries

### SUNDAY LUNCH – R125

#### MAIN MEAL

Roasted Rosemary and thyme pork served with garlic and herb baby potatoes, sweet mashed pumpkin, steamed broccoli with an apple sauce

#### DESSERT

Warm homemade milk tart



# CLASSICAL CORNER



## THE GREAT COMPOSERS – SERIES

**Ludwig van BEETHOVEN (1770 – 1827) -  
continued**

### Introduction

This is my continuation of the previous article for the Noordhoek Village Newsletter which I felt had to be written in two parts because of Beethoven's (LvB) much longer life than his immediate predecessor (Mozart) and also the significant development of his musical creativity in his later life. This later period marks also the transition from the Classical period through into the Romantic period.

### Ludwig van Beethoven – The later period

My previous article on LvB described his early and middle periods of composition (and age) which were distinctive enough in their own right but his third period, generally accepted as having started about 1817, moved him into new realms of composition never before heard or imagined. It is interesting that this coincides with a serious deterioration in his hearing to the point of complete deafness which, apart from challenging his abilities as a composer, had an effect by exaggerating his personality flaws as he became increasingly bad-tempered and reclusive, neither did it help his desperation in trying to become close emotionally to female company. In 1815 his brother Caspar had died leaving a son Karl aged 9 naming his widow (Johanna) and LvB names in the Will as joint guardians. LvB did not feel that Johanna was (morally) a suitable guardian and fought a lengthy legal action to be solely in charge of the boy – which he won. Musically, he had already written 8 of his 9 symphonies, all 5 piano concertos, taken his string quartets beyond the realms of amateur musicians with the 3 Opus59 Rasumovsky's and the complex individual ones Opus74 (the Harp) and Opus95 (Quartetto Serioso) and completed his only opera, Fidelio – so: Quo Vadis?

In this 3rd / later period of his life he focussed initially on piano works and, as with all the compositions in the last 10 years of his life, seemed to become more and more meditative with extremes appearing varying between the sublime to the profound. Certainly, the piano sonatas reflect many moods but continued to be technically challenging – the Sonata No29 (Hammerklavier) is feared by many soloists to play in public performance. Along with the mood aspects of these sonatas came styles far ahead of the times. I provide a link below to the last (No32) OpusIII – the 2nd Movement “Arietta” includes what can only be described as an example of Jazz Syncopation – 100 years ahead of its time ! (for the impatient amongst you, move the clip through to the 13th Minute of the recording by the great Maurizio Pollini)

In 1818 LvB heard that his friend and patron, Archduke Nicholas Rudolph, was to become ordained a Cardinal and appointed as Archbishop of Olmutz in 1820. LvB decided to compose a Mass for the occasion; however, although he started composing it in 1819, it wasn't completed until 1823. The Missa Solemnis, nevertheless is one of his finest works ranking along with J S Bach's great Mass in B-minor.

Click here to enjoy

- [Beethoven piano sonata No32 Opus 111](#)



LvB continued to develop the string quartet into what can only be described as ethereal, although the word spiritual can also be used at times. The later quartets, as they are usually known, are the Opus works Nos127, 130, 131, 132 and 135 along with a single movement called the Grosse Fugue Opus133. I had been bitten by a dog in a small village in northern Nigeria in 1979 with the obvious risk of rabies – in those days the best thing was to wait 10 days to check that the dog did not seem to be sick (rabid). Every evening I used to listen to a later Beethoven string quartet because they brought me great inner peace – to this day my wife Marjorie cannot stand listening to them as they bring back those memories of angst. In the clip below is a movement (Cavatina) from Quartet No13 played in the open air in Amsterdam – just look at the eclectic mix in the audience, all captivated by the music well played by the Brodsky Quartet.

## THE GREAT COMPOSERS – SERIES

### Ludwig van BEETHOVEN (1770 – 1827) - continued

Although not his final work, LvB is probably most famous for his Symphony No9, “the Choral”, with the last movement incorporating a choir singing the words to Schiller’s “Ode to Joy”. It is one of the longest symphonies ever composed (over 1 hour). I’m sure all of you are familiar with the last movement so my final clip in this article is the 2nd movement: Scherzo – I hope you enjoy it.

LvB in the end became an alcoholic like his father and his final 2 years were beset by related illnesses, yet he still managed to compose his final work for the piano – the Diabelli Variations which are based on a waltz theme provided as a competition by the composer and music publisher of the same name who had offered the competition to several of the well-known composers at the time; needless to say LvB simply walked off with the honours and nobody else featured. Unlike many of his famous predecessors, LvB’s funeral was a grand affair and attended by the rich and famous but he was genuinely respected for his music as a legendary composer – he died aged 56 and is buried in Vienna.

Click here to enjoy

- [Beethoven: Cavatina - Brodsky Quartet - Amsterdam](#)
- [Beethoven - Symphony No. 9: Scherzo](#)

