

“We are only as strong as we are united, as weak as we are divided.”

-J. K Rowling

Dear Residents,

I hope you have all had a great week.

The Rugby World Cup is strongly approaching and so the new trend of #BOKFRIDAY has very quickly spread across the country. It encourages all South Africans to wear the Springbok colours, green and gold, every Friday as a visible sign of solidarity and to foster a sense of unity and optimism. This evening the Bokke will take on the All Blacks at Twickenham. The game will air on SuperSport from 19h30 onwards, residents are welcome to watch the game in the lifestyle centre.

In preparation for the 2023 Annual General Meetings, we have now closed submissions for questionnaires & nominations as well as RSVPs. The submission for proxies will remain open until the 30th.

Due to the high interest in the movie viewing on Tuesday, a second viewing of 'To Kill A Mockingbird' will take place on Friday the 1st at 15h00. A new booking list will be put on the noticeboard early next week, so please book accordingly.

This week we had a lovely ladies meet and greet tea hosted by Irene Uffhaus & Bridget Coyne. This months meet and greet focused on the exchange of recipes amongst our ladies. We ask that if there are any additional ideas that residents may have that the ladies club can focus on or explore - that these ideas get submitted to Irene (Ext. 2031/lutz.irene.uffhaus@gmail.com) or Bridget (Ext. 2002/coynebridget47@gmail.com)



Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 35

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!

Whats Happening

#BOKFriday

Classical Corner

Franz Peter SCHUBERT
(1797 - 1828)

WEEKLY EVENTS

MON 28 AUG	TUE 29 AUG	WED 30 AUG	THUR 31 AUG	FRI 01 SEP	SAT 02 SEP	SUN 03 SEP
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLNETICS 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	09H00 23rd & 30th MOBEEWASH	10h00 LAKE MICHELLE AGM CINEMA ROOM 2	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 09th & 23rd CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	12h00 NOORDHOEK AGM BISTRO	15h00 MOVIE CINEMA ROOM		12H00 SUNDAY LUNCH BISTRO
	15h00 MOVIE CINEMA ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h00 BRIDGE ACTIVITY ROOM 2	18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h30 TABLE TENNIS TABLE TENNIS ROOM			

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

MOVIE (TO KILL A MOCKINGBIRD)- 29TH
ANNUAL GENERAL MEETING - 31ST

OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH

SEPTEMBER

OPERA - 5TH
BINGO - 21ST
HERITAGE DAY TALK & LUNCH - 24TH
MOVIE (PRETTY WOMAN) - 28TH

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

28th AUGUST

ROY DE VOS- Noordhoek

29th AUGUST

PETA SARKIS- Noordhoek

30th AUGUST

JANE WOODIN- Noordhoek

31st AUGUST

MICHAEL JUDGE- Noordhoek

BARBARA LANGE - Noordhoek

01st SEPTEMBER

RONALD CLARKE -Noordhoek

SEAMUS DALY - Noordhoek

ALISON SAYERS- Noordhoek

02nd SEPTEMBER

VICKI FALLS -Noordhoek

ED VAN DER NIET - Noordhoek

LESLEY BOURNE- Noordhoek

03rd SEPTEMBER

EDWARD BRANDER- Noordhoek

ANNIVERSARIES

01ST SEPTEMBER

IAN & WENDY WRENCH

Noordhoek

NEW RESIDENTS

DONALD & SALLY BALL

APARTMENT 3



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Bobotie served with sweet yellow rice and seasonal vegetables - R65

OR

Pork stew served with rice and seasonal vegetables - R72

TUESDAY

Chicken lasagna served with a garlic roll and green salad - R65

OR

Beef and vegetable stew served with rice and beetroot salad - R72

WEDNESDAY

Chicken meat balls served with mushroom sauce, mashed potato and seasonal vegetables - R65

OR

Asian style beef stir fry served on a bed of egg noodles - R72

THURSDAY

Chicken and cheese quiche served with sweet potato fries and a side salad - R65

OR

Beef and mushroom pie served with potato wedges and a vegetable bake - R72

FRIDAY

Butter chicken curry served with basmati rice and sambals - R65

OR

Pub style fish and chips served with coleslaw and tartare sauce - R72

SATURDAY

Boerewors roll served with tomato and onion relish and fries - R65

OR

Pork chop served with creamy herb mashed potatoes, gravy and roasted vegetables - R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

COMPLIMENTARY SPRING HARVEST TABLE -26 Aug 14h00

Please join the bistro team for light snacks & wine at a Spring Harvest Table Celebration on Saturday the 26th of August at 14h00

We look obtaining your valuable feedback

WEEKLY BISTRO PROMOTIONS

MONDAY - FRIDAY - LUNCH

Pork ribs served with fries and a beer or a glass of wine - R120

FRIDAY DINNER- R105

OPTION 1

Chicken Schnitzel served with baked potato, mushroom sauce and seasonal vegetables

OPTION 2

Battered fish and calamari with chips served with tartar sauce, lemon wedge and a green salad

OPTION 3

Beef burger topped with avo and bacon served with potato wedges and a side salad

SUNDAY LUNCH - R195

MAIN MEAL

Lamb shank served with rosemary gravy, potato bake and roasted vegetables

DESSERT

Peppermint tart

WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Ratatouille pasta served with garden salad and a garlic roll

TUESDAY

Seasonal vegetable quiche served with potato wedges and a garden salad

WEDNESDAY

Vegetable and bean curry served with basmati rice

THURSDAY

Roasted vegetable wrap served with sweet potato fries and a side salad

FRIDAY

Mushroom and feta strudel served with baby potato and roasted buternut

SATURDAY

Vegetable Burrito bowl

WHAT'S HAPPENING?



"I am sure we're all eager to see the team succeed and offer them every support. As we can't join them on the field, let's power a nationwide movement by wearing green and gold on Friday, whether at work, at home or at play. I hope you will wear your colours with pride."

The national #BokFriday campaign invites individuals, celebrities, the media, schools, businesses, and communities across the country to embrace the power of unity and sport. Donning green and gold on Fridays serves as a symbol of support, inspiring the Springboks on their journey. It's a call to action, urging South Africans to rally together behind their national team and generate a wave of positive energy throughout the nation.

#BOKFRIDAY TO UNITE SA IN BOKS' MOMENTOUS YEAR

ARTICLE BY: SPRINGBOKRUGBY.COM

The Springboks are asking the entire South African nation to literally 'gear up' for a display of unity and pride in support of the national team's campaign to deliver joy and hope to the country in another momentous Rugby World Cup year.

South Africans were asked to dress in green and gold every Friday to demonstrate their backing for the boys. The Springboks play their last test much in preparation for the Rugby World Cup this Friday against New Zealand before they defend their Rugby World Cup title in France in September and October.

"We want to turn the country green and gold every Friday between now and the conclusion of the Rugby World Cup," said Mr Mark Alexander, President of SA Rugby.

"The team draws on the nation's energy and the best way we can demonstrate that support to the team is by wearing our Springbok colours every Friday.

SA Rugby's Director of Rugby, Rassie Erasmus, said: "It'd be lekker to see the country come together, wearing green and gold with pride every Friday, and to show the players and the world how united we are as a nation. We'd love it if everyone could join the #BokFriday movement. We believe in bringing hope to the country and it'd be great if the country could give us extra inspiration and motivation. Please, just wear it!

Mr Alexander said: "We come from different backgrounds and have different challenges, but we have more things in common that unites us as a nation. Sport has that power to unite us as a nation like nothing else can because we are stronger when we are together. So, let's spread the message far and wide, we encourage everyone to share their #BokFriday photos on social media using the official hashtag. By doing so, participants can inspire others, generate conversations, and demonstrate the unwavering support that exists for the Springboks within the hearts of the South African people."

In a time when the nation seeks good news and moments of unity, the #BokFriday campaign can power the Springboks attempts to deliver a beacon of hope. It allows South Africans to express their unwavering support for the Springboks while fostering a sense of camaraderie and optimism that will resonate far beyond the rugby field.



Click here to enjoy

• [#BOKFriday](#)



CLASSICAL CORNER



THE GREAT COMPOSERS – SERIES Franz Peter SCHUBERT (1797 – 1828)

He was fortunate to have been born at a time and living in a city where the influence of great composers such as Mozart and Beethoven was already established and this, no doubt, gave him encouragement. Apparently he was a great admirer of Beethoven and attended the latter's funeral. Beethoven, visited by FPS on his deathbed, had seen sheet music composed by FPS and expressed his admiration of the quality of the music and thinking behind it. There is no doubt that FPS composed very beautiful and tuneful music. His circle of friends tended to be painters and poets so the artistic side of life was constantly around him and probably has been reflected through his compositions.


Introduction

Franz Peter Schubert (FPS) was born in Vienna, Austria as the 12th of 14 children to Franz Theodor and Elisabeth Schubert – as mentioned before in other articles, the high mortality rate of those times meant that only 5 of the children survived infancy. His father was a schoolmaster and gave him violin lessons at an early age and an elder brother gave him piano lessons. Later on he received lessons in music composition from the composer Salieri. He had a good voice and sang in the chapel choir until his voice broke but the joy of singing pervaded his life – he wrote more than 600 “Lieder” (songs for voice) of which his version of Ave Maria is exceptionally beautiful.

Franz Peter SCHUBERT

It is interesting that whilst many people are aware that Mozart died tragically young, few are aware that FPS died at the even younger age of 31. He was quite small in stature at about 1,55 metres and a bit chubby – all paintings of him show him wearing spectacles so he was clearly short-sighted as well.

The prolific volume of compositions is really quite staggering given his very short life as a composer, especially when considering that he wrote 9 symphonies just like Beethoven who died at 56. His 9th symphony (deservedly known as The Great) is a massive work although much less well known than the 8th – famously known as The Unfinished (because it was indeed unfinished comprising only 2 movements). I attach a link to his delightful Symphony No5 which aptly demonstrates the ease of listening to happy and tuneful music which in many ways illustrates my description of his style. His works were finally catalogued by Otto Deutsch and first published in 1951 – so each of the works is given a number beginning with the capital letter “D”.

Click here to enjoy 

- [Symphony No5 D485](#)



THE GREAT COMPOSERS – SERIES Franz Peter SCHUBERT (1797 – 1828)

As a result he contracted syphilis in 1822 and became severely ill. Treatment at the time involved the ingestion of Mercury which in itself was very toxic. It seems that there was a period of several years when the disease was latent and symptoms were not obvious, but by 1827 his demise was clear to FPS himself. Despite the despair and, no doubt great pain, this last short period featured some of his finest and longest works – it is possible, however, to detect in this music a strange combination of anxiety, anger and acceptance. My final music link so aptly demonstrates these emotions – it is the Adagio movement from his great chamber work: the String Quintet in C-Major. The quintet differs from previous compositions by earlier composers (especially Mozart) in that the 5th instrument added to a typical string quartet is a 'cello rather than an extra viola so giving a deeper sonority to the overall sound. This movement is one of the most beautiful and heart wrenching compositions that I know and have played – it can actually make you cry. Pablo Casals, the great Spanish 'cellist and humanist, requested that it should be played at his funeral.

I like to describe the following great composers of the period in this way: Beethoven for the mind, Mozart for the heart and Schubert for the soul; I'm sure you understand my reasoning.

Apart from the vast number of Lieder, most musicians are familiar more with his chamber music and again these are characterized by music that seems to be so easy on the ear – do not, however, think that these works are easy to play; nevertheless, they are often great fun to play. As a clear example of this latter comment, I give a link to a wonderful film, produced when they were all quite young, showing 5 of the finest and most well-known musicians of their time preparing and then playing the Piano Quintet known as The Trout (die Forelle). It is well worth watching all the way through – sadly 2 of the 5 celebrated artists are no longer with us: the brilliant 'cellist Jacqueline du Pré and Zubin Mehta, more well known as a conductor.

The tragedy for FPS was that his life was cut short by the most unfortunate circumstances. He was noted for being shy and still living at home with his parents – almost inevitably he was known to be a virgin. His artistic friends decided that he needed some experience of the fairer sex and treated him to an experience with a “lady of the night”.

Click here to enjoy

- [Piano Quintet “The Trout”](#)
- [String Quintet - Adagio](#)

