

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“Victory is in the quality of the competition,  
not just the final score.”*

-Mike Marshall

Dear Residents,

I hope you have all had a great week.

There is lots of excitement with the opening of the vibrant BOK TOWN setup in the upstairs lounge of the Lifestyle Centre, complete with big screen TVs and surround sound, boerie rolls, and beer on tap. We promise a vibrant and festive atmosphere.

All of the South African matches will be televised, however there are specific matches where the real focus will be (these dates have been shared on page 4 ). We look forward to creating as much GEES during this world cup, please make sure to RSVP for these games to make sure you do not miss out.

Besides the very exciting rugby games we have to look forward to, we as always have a very busy social calendar this month.

This coming Monday we have a talk hosted by MasiCorp upstairs in the lifestyle centre - kindly revert to Page 5 for more information and ensure to RSVP accordingly.

As September is the month where we celebrate our heritage, residents can look forward to our Heritage Talk & Lunch taking place on the 24th of September where a special guest will deliver a talk on South African slavery.

Spring has slowly but surely sprung. The changing of the seasons from winter to spring is a most exciting time. In with lighter layers, dresses, and a sense of freedom; out with heavy outerwear, knits, and boots. It is also an exciting time for all our green fingers and avid gardeners.

We challenge all residents to step up their gardening game and enter into our open gardens which we will host at Evergreen Noordhoek in October. For the new residents who have not experienced an open gardens day in the village before - this day basically gives residents a chance to proudly showcase their gardens to fellow residents to enjoy. More information has been shared on Page 4.

Wishing you all a wonderful weekend.

Regards  
The Evergreen Team

## Week 37

### 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

MasiCorp Talk  
Heritage Day

#### Aviation Column

The Schneider Trophy  
Winner

# WEEKLY EVENTS

MON 11 SEP	TUE 12 SEP	WED 13 SEP	THUR 14 SEP	FRI 15 SEP	SAT 16 SEP	SUN 17 SEP
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 13TH & 27th <b>MOBEEWASH</b>		11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	10h00 <b>06th &amp; 20TH CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE				12H00 <b>SUNDAY LUNCH</b> BISTRO
		15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	18H00 <b>DINNER</b> BISTRO		
		 <b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM			

# GROUPS & EVENTS

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## 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

### SEPTEMBER

MASICORP-11TH

BINGO - 21ST

HERITAGE DAY TALK & LUNCH-24TH

MOVIE (PRETTY WOMAN)- 28TH

### OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH



# WHATS HAPPENING?



All games will be televised, but the following fixtures are where the real focus will be.

10 September 2023	17:45	SA VS SCOTLAND
17 September 2023	15:00	SA VS ROMANIA
23 September 2023	21:00	SA VS IRELAND
01 October 2023	21:00	SA VS TONGA
14 October 2023	17:00   21:00	QUARTER FINALS
15 October 2023	17:00   21:00	QUARTER FINALS
20 October 2023	21:00	SEMI-FINAL
21 October 2023	21:00	SEMI-FINAL
27 October 2023	21:00	3 <sup>RD</sup> AND 4 <sup>TH</sup> PLACE PLAY-OFF
28 October 2023	21:00	FINAL

## NOORDHOEK OPEN GARDENS 7<sup>TH</sup> & 8<sup>TH</sup> OCTOBER



For more information on this annual event or more information on the garden club contact Val Stockden at 2056

# WHAT'S HAPPENING?



## TOPIC OF DISCUSSION

### *Addressing the literacy crisis in South Africa*

*Did you know that latest statistics show 81% of Grade 4 South African children cannot read for meaning?*

*with*

***Guest Speaker: Keith Richardson***

With over 41 years in education under his belt (as teacher and principal), today Keith works with Masicorp, The Principals Academy, Bright Start Education Programme, Jacques Kallis Foundation, Supera Moras Trust WBHS, and the Bishops Council.

**KEITH RICHARDSON**

Chairman: Masicorp

**MONDAY**

11 September 2023



**TIME**

09H30 - 10H00



**EVERGREEN NOORDHOEK**

Upstairs Lounge



**MASICORP**

masiphumelele  
township  
south africa

partners in education for life

[www.masicorp.org](http://www.masicorp.org)

RSVP to : Michael Williams, Unit 63, cellphone 083-976-3253, e-mail  
[Miwill4391@gmail.com](mailto:Miwill4391@gmail.com)



# WHAT'S HAPPENING?

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## HERITAGE DAY

**SUNDAY 24TH SEPTEMBER**

**11:30**

Join us for a talk hosted by Jolene Young on - **The History of Slavery in Simonstown**

The talk will be followed by a **Cape Malay style lunch**

**(Please book directly with the Bistro before the 20th of September)**



## CAPE MALAY LUNCH - R155

### STARTER

Cape style split pea soup served with a cocktail roll

### DESSERT

Homemade milk tart and Cape Boeber - a traditional Cape Malay sweet milk drink, made with vermicelli, sago, sugar, and flavoured with cardamom, stick cinnamon, and rose water

### MAIN COURSE

Cape Butter Chicken served with basmati rice a side of vegetables and Sambals.

or

Cape Bobotie served with yellow rice and seasonal vegetables

Veg Option :

Dill Curry served with basmati rice and sambals

Vegetable biriyani served with sambals

# 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

**12th SEPTEMBER**

FRED NELSEN- Noordhoek

**13th SEPTEMBER**

JULIANNA ORGANE- Noordhoek

**14th SEPTEMBER**

SUE DOUGLAS- Noordhoek

JANET GILLET- Noordhoek

**16th September**

DENZIL GUNNING- Noordhoek

**17th SEPTEMBER**

VERONICA ADAMS -Noordhoek

## ANNIVERSARIES

**11TH SEPTEMBER**

GEOFFREY & LINDA STEDALL  
Noordhoek

**13TH SEPTEMBER**

ROGER & VICKI FALLS  
Noordhoek

## NEW RESIDENTS

JACQUELINE DAVIES  
APARTMENT 115

RUDI & MARY SYFRET  
APARTMENT 7



# WHAT'S ON THE MENU?

# MENU

## DAILY MEALS - R65/R72

### MONDAY

Beef enchiladas served with a side salad - R65  
OR  
chicken and mushroom alfredo served with a cocktail garlic roll - R72

### TUESDAY

Chicken stir-fry served on a bed of pasta-R65  
OR  
Cape beef and beans curry served with white rice - R72

### WEDNESDAY

Chicken biryani served with sambals - R65  
OR  
Pork loaf served with mashed potatoes and seasonal vegetables - R72

### THURSDAY

Bourbon chicken served with white rice and seasonal vegetables - R65

OR

Bobotie served with yellow rice and seasonal vegetables - R72

### FRIDAY

Beef burgers served with salad and fries- R65

OR

Fried hake served with fries, tartar sauce, a side salad and a lemon wedge - R72

### SATURDAY

Hawaiian Pizza - Bacon, ham, red onion, pineapple topped with cheese - R65

OR

Tuna pasta bake served with seasonal vegetables - R72

## THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

### MEAL PACKAGE -R1220

- 20 Meals for the month (priced at R61 per meal)
- Only applicable to Option 1 meals or Vegetarian options
- Excluding: Special functions, Sunday lunches & Friday dinners
- Including : A la carte breakfast -Full house

### WEEKLY BISTRO PROMOTIONS

#### MONDAY - FRIDAY - LUNCH

BBQ grilled pork ribs served with fries and a glass of wine or beer - R120

Homemade beef/chicken burgers topped with cheese and mushroom, or pepper saue served with salad, fries and a glass of wine or beer - R120

Lemon meringue and a cappuccino - R50

#### FRIDAY DINNER- R105

##### OPTION 1

Pork belly ribs served with fries

##### OPTION 2

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

##### OPTION 3

Grilled sirloin served with chips and seasonal vegetables

#### SUNDAY LUNCH - R138

##### MAIN MEAL

Roasted Rosemary beef served with Yorkshire pudding, roasted potatoes, creamy spinach, sweet butternut with red wine gravy

##### DESSERT

Homemade banana pudding



# WHAT'S ON THE MENU?

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## MENU

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THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

### DAILY VEGETARIAN MEALS- R65

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#### MONDAY

Vegetable alfredo served with a cocktail garlic roll

#### TUESDAY

Cape bean curry served with white rice

#### WEDNESDAY

Vegetable Biryani served with sambals

#### THURSDAY

Vegetable curry served with white rice and sambals

#### FRIDAY

Vegetable burger served with salad and fries

#### SATURDAY

Vegetable pizza - seasonal vegetables and cheese

# AVIATION COLUMN

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## The Schneider Trophy winner – the Supermarine S.6B

Displayed in the Science Museum in London is one of only two Supermarine S.6B float planes ever built. It is in an unrestored state but just adds to the mystic of this famous aircraft.



This particular aircraft was the winner of the Schneider trophy in 1931 and the final time the British nation had won the trophy – three times in a row – and so became the proud “owners” of the trophy. The trophy is on display in the Science Museum in a glass enclosure.



The S.6B was designed by R.J. Mitchell – the designer of arguably the most famous aircraft built during WW2 – the Spitfire. It was purely designed to win the trophy and had several very clever designs incorporated into the aircraft and held the air speed record of 407.5mph (655.67kph), recorded two weeks after the trophy winning flight.

For instance, the S.6B had radiator tubes built into the fuselage for cooling and also built into the floats which enabled the engine to be cooled. RJ Mitchell called it the “flying radiator”. The Rolls Royce engineers managed to boost the engine output from 1,900 hp to 2,300 hp. This of course brought heating issues and hence the innovative idea of the radiator design. The engine type used was the Rolls Royce R which was the forerunner of the Merlin engine used in the Spitfire.

## The Schneider Trophy winner – the Supermarine S.6B

In the photographs one can see the radiator pipes on the side of the aircraft. The aircraft is particularly difficult to photograph as the Flight exhibition is packed with other aircraft.



The S.6B in the Science Museum has a dummy engine but the rest of the aircraft is the real deal. One can clearly see the resemblance to a Spitfire. It was built for speed and every trick in the book back then was utilised by RJ Mitchell to achieve the speed necessary to do this.


The S.6B was a development of the S4, S5 and S6 rather than a completely new design. It was a case of why fix something that already works well. Although the predecessors having won the previous two races, the funding for the S.6B from the government was withdrawn and only a donation from a private person, Lady Houston, encouraged the government to return with funding to complete the aircraft. The main differences from the S.6 and the S.6B was increased power and the floats were redesigned to allow for reduced drag. The two aircraft built were S1595 and S1596.

On the 13th September 1931, Flt.Lt. John Boothman went out and attained a speed of 547.19kph flying a triangular course over the Solent.

As the only competitor (the competition either had misfortune or delays in getting to the “start line”), the British won the trophy for a third time in a row and therefore got to keep the Schneider trophy.

After the competition and record-breaking flights, S1595 and S1596 were retired. S1595 was donated to the Science Museum but the fate of S1596 is unknown. It is known that S1596 was involved in a landing accident on one of her runs and sank. It was retrieved and repaired but beyond that, no-one seems to know what happened to the aircraft. There has been lots of discussion but nothing concrete has ever been discovered.

The Schneider trophy is a beautiful work of art. It is mounted on a marble base and the sculpture is made of silver and bronze and depicts a “zephyr skimming the waves with a nude winged figure kissing the zephyr”. The trophy cost 25,000 francs.

The London Science   
Museum