

dear people

16 September 2016

We like to share and show you something from us, after a beautiful summer with rain, sun and a splendid indian summer.

We want to look whether it is possible to start our own **social, musical, sustainable living project** ideally in or close to Utrecht.

- **ASN Bank wereldprijs**
(world prize)



encounter with music at our home

You can hand out **hearts**! When you click on the link below, you come to our project and you can sign up via facebook. When you click on news, you can click on the white hearts of our posts on twitter, which turn **pink** then. You can also make our procect to your favorite project.

We participate in the **ASN Bank wereldprijs** (world prize) for the world of tomorrow: a social, musical, sustainable small scale housing project in a (more) green environment with bird sounds, in the category **safety and social cohesion**.

30 September announcement about which 10 projects of each category are going to continue to the route.

8 October there will be a training day

17 October handing in project plan

24 October 5 of the 10 move on to the next round.

26 October and 3 November presentation to public and a personal interview.

7-16 November you can vote on the remaining projects (votes are not visible) for audience award (max € 5000).

16 November the jury divides € 40,000 (minimum € 5000 per project).

Click on this link for ASN Bank wereldprijs (world prize)

<https://www.voordewereldvanmorgen.nl/duurzame-projecten/sociale-muzikale-duurzame-woongemeenschap>

On our weeklog (weekly news) you can read more about this.

<http://www.contactmuziek.nl/crowdfunding.html>

- Wijzer Werven (*Raising funds Wiser*)

We are going to follow a route at *Raising funds Wiser*. Because our foundation Contact & muziek is a cultural public benefit organization (donations are deductible for 125%), we got an invitation from the Ministry of Education, Culture and Science to follow a route at Raising funds Wiser. We get reimbursed 90% of the coaching to realize the funding of our (small-scale) social, musical and sustainable **housing project** in a green environment <http://www.wijzerwerven.nl/programma>.

10 years living with each other!

On 1 November 2016 we live together **10 years!** in my/our house, where I live 28 years then. We made our house painted in beautiful colours yellow, orange, red and light green.

On the website there are more photos of the painted house on the weeklog (weekly news) <http://www.contactmuziek.nl/weeklog.html#huis>

After a year of consultation with the municipality there came a (unfortunately black) beautiful round stone planter on our doorstep.



- Our house became energy zero.

We have an air heat pump through which our house became energy neutral. To make room for the hot water tank there appeared to be a need for a new kitchen cabinet. Yes, that is the way it is sometimes....

We heard passers-by say to each other: that planter is nice together with all those colours of the house!



the air heat pump with the new kitchen

Because we wanted to have the heat pump next to our kitchen cabinet, we needed a kitchen cabinet with the sink on the right side.

In 5 minutes Leonoor found a new kitchen cabinet on marktplaats for € 100, and for € 50 he even wanted to bring it! Sometimes it goes so fast that it comes to me only afterwards how incredibly much luck we had again.

We replaced the plastic legs of the kitchen cabinet by more firm metal metal legs and Erik installed the red doors we found at IKEA. It was not easy, but we are very glad that it all worked out well in the end and that it looks beautiful. Everything appears to fit miraculously well. Erik also painted the wall yellow. We are very happy with our (unexpected) new red kitchen.

We did an enormous investment with **the heat pump** by which our house with the floor insulation, the green roof and the solar panels became energy neutral and we do not need gas anymore.

There comes air from the outside to the inside which heats the water via a compressor to 45 degrees, the temperature we need/want. It works as a kind of reverse fridge.



The 12 new solar panels in east west position produce 2100 kWh. That is 3 times as much energy as the previous panels.

green roof and solar panels
in east west position

More photos of the green roof
and the solar panels on Facebook



<https://www.facebook.com/contactmuziek/photos/pcb.560976067437803/560968167438593/>

- living on light

We went further on our path with living on light, we eat less, but we still eat, some people get a sigh of relief, others are disappointed, because they like to know how it is going with not eating. We can not yet say that we don't eat, at most 1/4 of what we ate.

We feel ourselves best and happy when we eat as little as possible or very little, but we also enjoy when we eat something together. From grated coconut we make our own coconut milk and coconut cream and Leonoor makes raw coconut/lemon pie from the leftover pulp, with on the milk in the refrigerator formed unforgettable tasty coconut cream. If you once tasted that you never want (unhealthy) whipped cream. See the recipe on page 10.

interview with Leonoor by Ghislaine Brongers

Ghislaine Brongers interviews 365 beautiful people. The nicely worded interview nr. 32 with Leonoor is published 6 September.
<http://www.365mooiemensen.nl/32-leonoor>

Photos from the interview are on our weeklog (weekly news)
<http://www.contactmuziek.nl/weeklog.html>



*photo made in our garden
made for the interview*

Leonoor got nice comments on facebook:

- Nice story, recognition, have respect for you, very special, I recognize much in it.
- I find it really very beautiful, I wish that I could let go.
- What a nice story girl, I recognize a lot in it, xx.
- Congratulations really good.
- How good.
- Done a fantastic job!
- I read it, how clever of you to climb up like that and to stand in life consciously really a go-getter.

"I should have wanted to learn me to express, how I could say things, could stand up for myself and break through barriers to enlarge the room for myself. You do not learn that at school."

- Nicely said.

Ghislaine, her dog Max and Leonoor in our garden.



- visits ecovillages

We visited 7 ecovillages this summer in Boekel, near Eindhoven, in Lent (close to Nijmegen), in Bergen, de Hobbitstee in Wapserveen (next to Steenwijk), aardehuizen / earthships in Olst (between Zwolle and Deventer) and Teuge (near Apeldoorn) and made contact with initiators of ecovillage Noordeland and ecovillage Akasha. We could travel cheap with free NS travel together train tickets. On marktplaats we were still able to buy some 'free' tickets for one euro. A nice report is on our website: <http://www.contactmuziek.nl/ecodorpen.html>.

Leonoor has a dragonfly on her hand, on our way to the oldest living community in the Netherlands, de Hobbitstee on 14 August 2016
dragonfly stands for change.





A beautiful photo of a cabbage butterfly, a message from Jan, brother of Jeannette and Leonoor, who suddenly died 3 weeks before?

Unexpectedly Jan (1958) got a cardiac arrest on 18 July. He also was in coma for a week in the hospital and died on 25 July, he became 58 years old. He had no contact with his brother and sisters. Unfortunately the three sisters were not allowed to say goodbye or be at the cremation. On our website there is more explanation, also about surprising dates on the page with death notices in the newspaper.

<http://www.contactmuziek.nl/overlijden-Jan.html>



- videos

we made a beautiful video of us after a question of the Landelijke Vereniging Centraal Wonen (National Association Central Living) to make a video about our living group: <https://youtu.be/TmsuPLkqHZI>

video with our special singing, 3 May 2016, spontaneously for our visitors, who found it very beautiful. Overtones (high or low resonating whistle tones, or low resonating tones) are more and more audible:

<https://youtu.be/sV8RjXJhkfw>

What we are engaged with furthermore:

- weeklog

Is a very nice page. Marthe keeps on posting our last activities on <http://www.contactmuziek.nl/weeklog.html>

- weblog

Leonoor started a weblog ***Leonoor deelt (Leonoor shares)***.

<http://leonoor-deelt.blogspot.nl> She shares experiences about herself, our living group, the special contact with her mother and writes about difficult and sensitive topics like medications, vaccinations, sexuality, the healing power of openness, music, contact and talking and that you can see difficulties as beautiful life experiences.



We created a nice dry spot in our garden so that we can meditate also when it rains. Together with Leonoor Erik shortened a shade cloth from Aldi on the sewing machine.

On the right side of the photo you can see the evening primrose in bloom. Already a few months every evening 7-10 beautiful yellow flowers come out. In a few minutes a flower comes out, one after another, very nice to see and to follow. When it is getting dark a little, they are almost luminous. This summer hundreds of flowers came out like this!

two recipes

raw chocolate

Leonoor made raw chocolate with cocoa butter, birch sugar and coconut oil, melted au bain marie: Put the cocoa butter in a glass in a bowl with warm water. This time Leonoor used **birch sugar** as a sweetener, a white powder (looks like very fine snow), super healthy with a very special light sweetness. That which makes chocolate heavy sometimes, disappears by the lightness of the birch sugar, melts like snow in the sun, a special taste experience!

300 grams cocoa butter
225-450 ml coconut oil,
6 full tablespoons cocoa
4 full tablespoons ceylon cinnamon
1-2 tablespoons birch sugar
turmeric (if you like)
cayenne pepper (if you like)



The more coconut oil the softer the chocolate, which you should keep in the refrigerator. If necessary 10 minutes before you are going to eat you can take the chocolate out of the fridge. When you only use cocoa butter the chocolate becomes (too) hard, it is easy to keep outside the fridge. So just try out. Also try to (your personal) taste the amount of cocoa and cinnamon.

You can use all kinds of alternative sweeteners such as: **stevia powder**, raisins, dates, coconut blossom sugar, spelt syrup, honey, or combinations.

Stevia is a beautiful sweet plant, see the picture of the plant in our garden, which makes the body alkaline like green vegetables, and not acidifying is like refined white sugar and, to a lesser extent, cane sugar and many other sweeteners. It is really bad how big the opposition is to be able to grow and to sell the plant which is 200 times as sweet as refined white sugar. The natural alternative to the huge amounts of sugar we are daily eating almost unnoticed.

Stevia is doing great in our garden in the meantime. We make powder of the leaves in the dry container of the blender.



stevia plant



stevia plant in our garden. Ekoplaza (biological store) ordered strawberry plants, but received stevia plants, we were very happy with it and the plant as well like it shows us.

homemade raw lemon-coconut pie

coconut is very healthy, contains much lauric acid like mother milk, is antibacterial and the fat is not stored in your body but is immediately being used as fuel, so that is super healthy.

raw coconut pie is what Leonoor is making from the **pulp** leftover of soaked grated coconut, squeezed in the blender and crushed in a cheese cloth. Erik sews the cheese cloth himself. 100-200 grams grated coconut 4-8 hours soaking. After that pass it through a cotton cheese cloth.

The **coconut milk** is vegetable, a nice alternative for milk. You can make a very delicious chocolate milk with cinnamon, cocoa powder, if necessary banana and ginger. You can also use it as a base for a juice in the blender with fruit, for example apple, lemon (with peel, choose for biologic!) or grapes (with seeds) together with green vegetables like cucumber, lettuce, spinach, but also carrot or beet are very healthy and detoxifying. Juices are a very healthy way to make waste go out of your body.

When you let the squeezed coconut milk for 8 hours in the fridge there comes a **cream coat** on it, which you can scoop off and put on the pie. It looks like whipped cream but then much tastier!

Put 200-400 grams **pulp** in a food processor for a small (20 cm diameter) or big pie (25 cm diameter) with a whole (biological!) lemon with peel. Add 200-400 ml coconut oil melted au bain marie, 1 tablespoon cinnamon, 2 tablespoons raw cocoa and 1 tablespoon green! stevia powder, not the white stevia powder, that is processed. By that you might not even know that it is about a green plant, like that deception works!



Put everything into a (silicone is very nice!) tart pan. Nicely smooth out the top and put the pie back in the refrigerator. After 1-2 hours the pie is hard enough, because the coconut oil is solidified then.

I finished the pie with the coconut cream, cinnamon and grapes. You can also use other kind of fruit: **strawberries**, **cherries**, **pineapple**, **blueberries**.

When you make the pie sweet enough, for example with stevia, you do not have to add anything except for the cream.



Lately the people who lived in our house more than 30 years ago gave us three zucchinis. Leonoor added a zucchini and a banana to the pie, very tasteful, it appeared to be a good idea.



pie with
coconut cream
and grapes



pie with
coconut cream
and cinnamon

biological grated coconut we buy it via the website of IDorganics
5 kilo for € 17,50 <http://www.idorganics.com>

biological coconut oil we buy it via the website
of <http://www.kokosolienederland.nl/> or <http://kokosolie.nl/>
€ 18,50/€ 20,50 per liter. When you order more jars it
becomes cheaper. Ekoplaza has cheap coconut oil, own
brand € 7,00 for a glass jar of 500 ml.

cheesecloth to make a sack yourself, bigger or smaller sizes, from € 4,95
off you can order at Brouwmarkt, [https://www.brouwmarkt.nl/neteldoek-
kaasdoek-fijn-105-x-105-cm.html](https://www.brouwmarkt.nl/neteldoek-kaasdoek-fijn-105-x-105-cm.html). ready made cheese cloth for € 7,50 at
www.unlimitedhealth.nl.

The recipe and preparation for the coconut pie is on our website
on the page health at 'recepten' (recipes), 'taarten' (pies)
<http://www.contactmuziek.nl/taarten.html>.

- videos

Leonoor made a video of her *final exam violin* at the Sweelinck conservatory in Amsterdam, 17 May 1983.

<https://www.youtube.com/watch?v=0C6kTUtawU>

At the request of *Mike* Leonoor made a video for his birthday 21 juni 2016 of our singing. <https://www.youtube.com/watch?v=DxcHiJVtNkM>



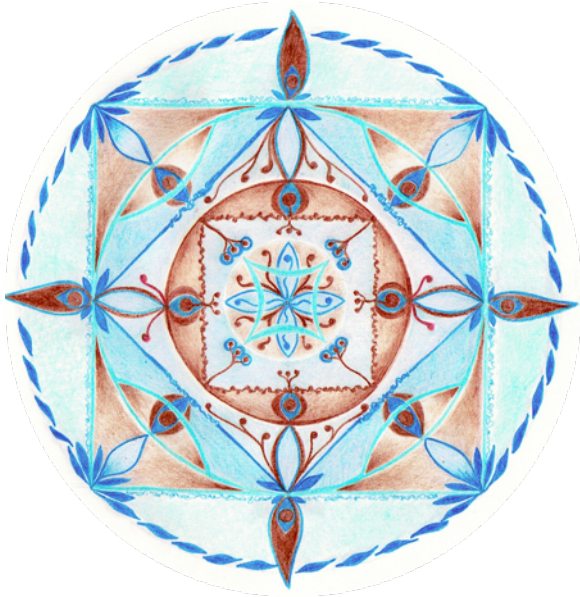
Jeannette, Leonoor, Marthe, Erik

After a tour on 21 August at the aardehuizen (earth houses) in ecovillage Olst, we visited Frans, a cousin of the mother of Marthe and his wife Magdalena in Fortmond (near Olst).

encore: video of 7 years ago!
lute quartet pandhof (cloister) at
de Dom 29 april 2009
<https://youtu.be/Lsm36eBa1MI>



Marthe, Magdalena and Frans



mandala of Jeannette

Jeannette is not only drawing music notes, but also mandalas!

And.... the video of this week!
became very beautiful.
<https://youtu.be/xXMz3SYvmXA>

singing, butterflies and dragonflies
of 16 September 2016!!!!



loving regards of the four of us
Leonoor, Marthe, Jeannette, Erik

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