

# NEWSLETTER

## WHAT'S HAPPENING

*"Effective listening is more than simply avoiding the bad habit of interrupting others while they are speaking or finishing their sentences. It's being content to listen to the entire thought of someone rather than waiting impatiently for your chance to respond."*

RICHARD CARLSON - DONT SWEAT THE SMALL STUFF

Dear Residents,

After a week of amazing weather, we begin the weekend on a much wetter and colder note. With snow forecast for the upcoming week, at least the SWIGS Wine Club got a head start on a few 'winter warmers' last night with some outstanding and rather interesting wines.

As our social calendar slows down due to the Clubhouse refurbishments, I thought you might enjoy some additional reading material so I've added some fat to this week's What's Happening. For those of you who missed the wine tasting but would be interested in reading more about the Badenhorst Family Wines, please follow the link in the write-up. If you are interested in buying any of their wines please contact me directly and I can put you in touch with the right person.

Tomorrow the Rugby Championship kicks off with the Springboks playing Australia at 17h00. There has been much said about the dual-squad system decided on for this year's competition and you can read more about this and other related news by following the link provided.

In the additional pages added this week, you can read more about quick ways to bounce back after having the flu, and in "What's Cooking" we share a recipe for a fancy twist on an old comfort meal, Mac n Cheese

In "Making Headlines" read more about the recent sighting of the mysterious Knysna Elephants, and we end off with 3 best seller and new release books that will get you through those cold and rainy days.

Enjoy the reading!

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village

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French Onion  
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Filmmaker captures breathtaking images of Knysna Forest's elusive elephant cow

### Book Club

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By Alan Taylor

ONE.  
By Jamie Oliver

THE BOOKBINDER OF JERICHO  
By Pip Williams

# ACTIVITIES & EVENTS

*For more information on any events or activities kindly  
contact Reception on ext. 3200*

<b>MON</b> 10 JULY	11h30 CLUBHOUSE ANTI-AGING	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
<b>TUE</b> 11 JULY		14h00 HOUSE 24 SCRABBLE	
<b>WED</b> 12 JULY	11h30 HOUSE 24 ANTI-AGING		
<b>THUR</b> 13 JULY		14h00 HOUSE 24 ART CLASSES	
<b>FRI</b> 14 JULY			
<b>SAT</b> 15 JULY	09h05 HOUSE 24 RUGBY CHAMPIONSHIP	10h00 CLUBHOUSE LAWN BEGINNER BOULES	
<b>SUN</b> 16 JULY			



# ACTIVITIES & EVENTS



## A.A. BADENHORST WINE TASTING

Thank you to all the "SWIGS" who joined last night's tasting featuring the Badenhorst Family Wines.

Andre Badenhorst hosted the tasting and we were privileged to taste 7 amazing and very interesting wines ranging from an "orange wine" to a blend with 22 different cultivars, all grown on their farm outside Malmesbury.

We were lucky enough to have a guest appearance from Andre's son and renowned winemaker, Adi Badenhorst.

Congratulations also go to Richard Eastwick who won the lucky draw and walked away with a limited-release magnum bottle of just 280 bottles from Adi's personal collection.



[Click here to read more about the Badenhorst wines and family history.](#)





# ACTIVITIES & EVENTS

## CANASTA

Monday, 10 July

Canasta will be held at the Meadowridge Bowls club.

Time: 14h15 to start at 14h30.

Entrance Fee: R10 per person.

(Club close at 15h15)

For more information or to arrange lifts  
contact Jacky Orton on  
ext. 3031



## THE RUGBY CHAMPIONSHIP

Saturday, 15 July

Bring your own drinks and snacks and enjoy the second, and possibly the biggest game of this year's rugby championship, between the Springboks and the All Blacks. It's an early kick-off in New Zealand at 09h05. Slippers will not be frowned upon.

**Please note:** South Africa vs Australia - 17h05  
can be viewed in the Clubhouse  
or House 24

[Click here to read more about why James Richardson from THE SOUTH AFRICAN believes the Springboks will win the Rugby Championship.](#)



# IT'S A CELEBRATION

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*"The more you praise and celebrate your life, the more there is in life to celebrate". — Oprah Winfrey*

## BIRTHDAYS

**10 JULY**

GLENDIA COOKE – Apartment 4

**11 JULY**

ANNA DELL'ERBA – House 21

**13 JULY**

ELAINE DOYLE – House 12

**14 JULY**

JUDITH WALSH – House 23

**15 JULY**

WENCHE HOVSTAD – House 76

**16 JULY**

SALLY KINROSS – House 49

JEAN VAN RHYN – House 49

## ANNIVERSARIES

**10 JULY**

JULIE & DAVE PHILLIPS – House 56



# HEALTH & WELLNESS



## BOUNCING BACK FROM THE FLU!

**Catching the flu can make life miserable, which is why a lot of advice related to immunity and health in winter focuses on prevention rather than cure. Also, because the illness is caused by a virus and not a bacterial infection, a course of antibiotics<sup>1</sup> won't help cure an infection. Flu symptoms<sup>2</sup>, which include coughing, a sore throat, sneezing, muscle aches, fevers, chills and sometimes vomiting and diarrhoea, typically last for a week, with the most severe symptoms present for two to three days, in general. And it is not uncommon to experience fatigue, weakness, and a cough for another few days after you've recovered. However, there are numerous steps we can take to ease symptoms and support our immune system and body to possibly bounce back sooner from the dreaded flu this winter.**

### 1. REST

The best thing you can do for your body and to support your immune system when fighting the flu is get more rest. Stay home (this also stops you from spreading this highly infectious disease to others) and sleep as much as possible. Taking a day-time nap is ideal but you should definitely turn in early to get extra restorative sleep at night – at least 7-9 hours. And avoid any form of exercise and try to minimise all forms of stress in your life – your immune system already has its hands full fighting off the virus!

### 2. REHYDRATE

Your body – and your respiratory system in particular – needs fluid to deal with the symptoms commonly associated with the flu. Ensuring your body has sufficient fluid can speed up recovery by supporting blood volume, which circulates immune cells around your body to combat the virus. When accompanied by a fever, any excessive sweating can also dehydrate you, which can make symptoms worse and could potentially prolong your infection. You can also experience vomiting and diarrhoea with the flu, which also serve to dehydrate you. It is best to mainly drink water, with some added electrolytes periodically during your infection. You can also include herbal and conventional teas, adding some honey to help ease a sore or scratchy throat.

### 3. REPLENISH

Your body needs more fuel and resources when it's fighting an infection. While you might lose your appetite when you are sick, it's vital to eat regular meals to provide the nutrients your body needs to support optimal immune function. These nutrients include vitamins A, B6, B12, C, D, E, and folate, as well as minerals including zinc, iron, selenium, magnesium, and copper, and the omega-3 fatty acids. A wide range of fresh fruits and vegetables are the ideal natural sources for these important vitamins and minerals, and other antioxidants that strengthen your immune system as it fights off a virus. You can also turn to broad-spectrum vitamin complexes to conveniently meet your nutritional demands while you battle the flu.

### 4. RELIEVE

Find ways to ease any congestion and help your body shift the mucus that can build up in your respiratory tract. Use a nebuliser to provide relief from congestion. These devices turn liquid medicine into a mist, which it delivers via a consistent flow of pressurised air through a mouthpiece. Inhaling this air can provide quick relief by helping to reduce inflammation in the respiratory system and works to open airways to ease breathing. Placing a vaporiser or humidifier in your room overnight can provide additional relief by adding moisture to the dry winter air. This extra moisture may help ease congestion and coughing and reduce irritation in the throat and upper respiratory tract. You can get a similar benefit from a warm bath or shower as the moist steam fills the air in the bathroom. A hot bath is also a good way to relax and unwind. And over-the-counter treatments available at Dis-Chem like expectorants or decongestants can also help to calm your hack and loosen up mucus.

### 5. REDUCE

Visiting a doctor as soon as symptoms start is the most effective way to reduce the duration of a flu infection. Depending on your general health and other risk factors, a doctor may prescribe antiviral medication, which prevents the virus from growing and replicating. Taking antiviral medications within two days of the onset of symptoms may reduce the duration of the flu by about a day as well as the severity of symptoms. The doctor can also prescribe additional medicines to help ease symptoms and support your immune response.

Consuming additional vitamin C from high-potency supplements can get you back to health sooner, too. Studies show that vitamin C can make symptoms milder, including coughing or sneezing, a sore throat, a stuffy or runny nose, headache, fever, muscle aches or aching limbs. Other studies show that extra vitamin C – around 1 mg per day – can shorten an infection by between 12-36 hours because this antioxidant is highly concentrated in immune cells and is consumed quickly during an infection. Giving the body more of it will help to support immune cells.

**ARTICLE BY: DISCHEM ONLINE MAGAZINE**

# WHAT'S COOKING



## FRENCH ONION MAC & CHEESE

A FUSION OF TWO CLASSIC COMFORT FOODS IN ONE: RICH FRENCH ONION SOUP AND THE CLASSIC MACARONI AND CHEESE!

### INGREDIENTS

- ⅓ CUP (80ML) BUTTER
- 2 LARGE ONIONS, SLICED
- ¼ CUP (60ML) WATER
- SALT AND MILLED PEPPER
- FRESH THYME, FOR SERVING

### BASIC MAC 'N CHEESE

- 8 cups (2L) milk
- 4–6 bay leaves
- 1 onion, sliced
- 2–3 cloves garlic, peeled and lightly crushed
- Handful black peppercorns
- 1 packet (500g) elbow macaroni
- ½ cup (125ml) butter
- ½ cup (125ml) flour
- Salt and milled pepper
- 1 tsp (5ml) smoked paprika
- 2 cups (240g) grated cheddar cheese
- 1 cup (100g) grated gruyère cheese (or any other hard cheese)
- 1 cup (120g) grated mozzarella
- 2 tsp (10ml) Dijon mustard
- 3 sprigs fresh thyme, chopped
- Pinch cayenne pepper

### TOPPING

- 1 cup (100g) grated gruyère cheese (or any other hard cheese)
- ½ cup (60g) grated cheddar cheese

### METHOD

1. Heat butter in a pan over medium heat.
2. Tip in onions, water, and a pinch of salt and cook, stirring occasionally, until caramelised (about 20–25 minutes). Set aside.
3. Gently heat milk, bay leaves, onion, garlic, and peppercorns in a pot for 8–10 minutes.
4. Meanwhile, cook macaroni in a pot of salted boiling water for 8 minutes, then drain and set aside.
5. Remove milk from heat. Cover and leave to infuse for at least 10 minutes, then strain out aromatics.
6. Melt butter in a large saucepan. Remove from heat and vigorously whisk in flour until a smooth paste (roux) forms.
7. Return to stove and pour in ½ cup (125ml) infused milk, whisking continuously.
8. Add remaining milk in batches, allowing the sauce to thicken slightly before the next addition. (This will take about 10 minutes.)
9. Season with salt and pepper and add paprika.
10. Remove from heat and stir in cheese (in batches). Set aside
11. Stir cooked pasta, onion mixture, mustard, thyme, and cayenne pepper through the sauce, coating well. Season.
12. Spoon into a 30cm ovenproof dish, top with cheese, and grill in the oven until bubbly and golden, about 10–15 minutes.
13. Sprinkle with thyme and serve warm.

ARTICLE FROM: FRESH LIVING ONLINE MAGAZINE



# MAKING HEADLINES



## FILMMAKER CAPTURES BREATHTAKING IMAGES OF KNYSNA FOREST'S ELUSIVE ELEPHANT COW

**Rangers call her Oupoot, the Matriarch, or Strangefoot. For most people, she has always been a ghost or a rumour, maybe a grainy image on surveillance footage taken in the forest. It took filmmaker Ryan Davy months to find her and, when he did, she took his breath away.**

"I have worked as a wildlife filmmaker for many decades. Adventure has always been a calling, specifically the kind that goes with environmental or humanitarian issues that I feel I can somehow contribute towards by finding a solution. "As a boy, I would vanish into the mountains with my horse in search of a way I could somehow help the planet. This allowed me to find myself, and become skilled at being isolated and pushing myself beyond a conventional life. Since then, I have always been on the move in search of purpose and fulfilment.

"I have been working on a social media series called Mysterious Creatures and my first species of interest was elephants." Davy said that while he was doing his research, he heard of the lone elephant living in the Knysna forest. "It intrigued me to think that humans knew of a solitary creature that roamed around the forest, but no one really knew enough to say for sure that there was only one, what gender it was and whether or not it actually existed." And so a new mission began for Davy.

### THE SEARCH

"I had two incentives to find the Knysna elephant. One is that, if she was still alive, I wanted to campaign that the forest is in need of a herd of elephants. As many may know, an elephant's primary role in the ecosystem is to clear the thick brush to open the canopy so that light can enter and allow new life to develop. If this element is missing, the ecosystem suffocates itself — that is exactly what is happening in the Knysna forest. "The second incentive was to get this lonesome [elephant] some company. It didn't feel right that she was all alone in that vast silent forest. When filming elephants in various countries, I came to realise how socially intelligent they really are and how they depend on each other for survival. "The solitary female elephant in Knysna does not have that luxury, she relies on herself, which seems cruel and unethical. I wanted to see for myself how she was coping, and based on what I saw, I don't believe it is natural, so I have embarked on a mission to make sure we get her a family.

"There were rumours that she was not alone, that she was roaming with a small group, but this is not true. There were rumours that she was damaging farm implements, which showed that there was some frustration, and one farmer even told me how he watched security camera footage of her getting affectionate with a tractor, which brought tears to his eyes to know how lonely she must have been. Elephants usually only break things when they are upset or in musth or frustrated. "It took me 12 weeks in total to find her. I walked 15 to 20 kilometres a day, from sunrise to sunset, and of course during full moon periods, which can sometimes be extremely haunting. I would often track in the rain to find a clean footprint that could give me a good indication of the direction she was taking and the size of her territory.



"Every time I returned to track her, it was in a different season. I wanted to know her movements based on weather and temperature. I would search in November and January, then March, then finally in June. Each time I visited, I stayed for three weeks; this is all the free time I had and my savings only allowed that much time," Davy said. Describing the moment when he finally tracked her down, Davy said it was "pure adrenaline". "Not from fear of what she would do, but simply because of the amount of time and hard work it had taken to understand her. Many hundreds of kilometres walked, many nights in a sleeping bag on the forest bed listening to every break of a branch, waiting for a clue. "I would prepare premade peanut butter and jam sandwiches as my fuel since I couldn't cook or eat anything that would create a crunch in my mouth as it would mask specific sounds I was waiting to hear in the forest.

"From all the information I had gathered to get inside her head, to a certain degree, I was determined to get to see her. When the time came, it was very emotional and rewarding to know that my experience had not failed me; she was exactly where I had hoped she would be.

"There are 50,000 hectares of forest that both she and I had been wandering around in, and finally our paths crossed. She could tell there was another living being nearby, but she didn't really make much effort to look — perhaps she already knew it was me and realised that I was no threat to her or her habitat." Davy said the elephant only showed herself for a brief moment before she "melted" into the forest like a ghost. "It was one of the most beautiful moments I have ever experienced in all my days as a living, breathing, feeling being in this human form. She was magnificent. "My brief encounter with this solitary creature left me with a bittersweet flood of emotions. I was broken at the idea that I was leaving her alone in that dense vegetation like a needle in a haystack. I allowed her to slip away as I didn't want her to panic at the sight of a human and then flee into the thickets with the possibility of hurting herself."





### THE CASE FOR A HERD

Davy said he is more convinced than ever that the lone Knysna elephant needs a herd. "Of course, if and when we do introduce a herd of elephants into the Knysna forest, then there will be measures to take that will ensure safety for hikers and for farmers on the boundaries of the forests, but these are measures that are fairly easy to manage.

"There are many places on Earth where humans roam in the same vicinity where elephants browse. This is not an anomaly. We can co-exist; we have done it for centuries. Of course, there is a disciplined process involved in the introduction of any species to a new area. It's not something that can be rushed. "The Knysna elephant remains alone in the forest, but hopefully for not too much longer. There are a group of concerned environmentalists, including myself, who are working hard to convince the national parks board that they need to stop procrastinating and get their act together." Davy said he believed elephants can play a crucial role in restoring the ecosystem in the Knysna forest.

"In all the time I was inside that forest, I saw only a handful of bushbuck, an overabundance of bush pigs, only one leopard and, of course, an overpopulation of baboons. If the forest had to be opened up, it would allow light in so as to improve the undergrowth, and that in turn will introduce more grazers, which in turn will encourage more predator activity, and so on, creating a much better-balanced ecosystem. "Many may know of the positive influence the reintroduction of wolves did for Yellowstone National Park [in the US], and how it transformed the land into something more magnificent than it has ever been, simply by a strategic placement of a necessary species. The same applies here.

"There is also an excessive overgrowth of invasive species, which fortunately the Knysna elephant seems to favour, so if more elephants were introduced, it would certainly help in eradicating the invasive flora suffocating our natural heritage, which in turn will benefit us. "It's a win-win for everyone, and the circle of life can once again thrive in this beautiful Garden of Eden," he said.

### 'UNFORTUNATELY, HE DIDN'T ENGAGE WITH SANPARKS'

South African National Parks (SANParks) confirmed that Davy's pictures are of the Knysna elephant, but said they prefer that she be tracked by non-invasive methods. Ray Thakhuli from SANParks said they estimate the elephant cow to be about 50 years old. "In 1994, three elephants were introduced [to the Knysna forest] from the Kruger National Park. After meeting up with a native female elephant and remaining with her for only a short while, one of the introduced elephants died of stress-related pneumonia.

The two surviving introduced elephants started spending most of their time on neighbouring farms, where they caused considerable damage. Forestry guards resorted to putting out bales of hay to try to lure them off these farmlands; however, unsuccessfully.

"The introduced elephants endured yet another translocation when, in 1999, they were relocated to a private game reserve. The introduction of elephants from elsewhere into this complex landscape is therefore not simple, and the possibilities in its legal and socio-ecological contexts are currently being discussed by the relevant authorities and parties who will ultimately be responsible for the management of introduced elephants," Thakhuli said.

"We have seen the footage that Mr Davy took of the Knysna elephant, and it is the same female that SANParks' remote cameras are capturing on a regular basis. It is unfortunate that Mr Davy did not engage SANParks before he set off on foot to track the Knysna elephant in our managed areas.

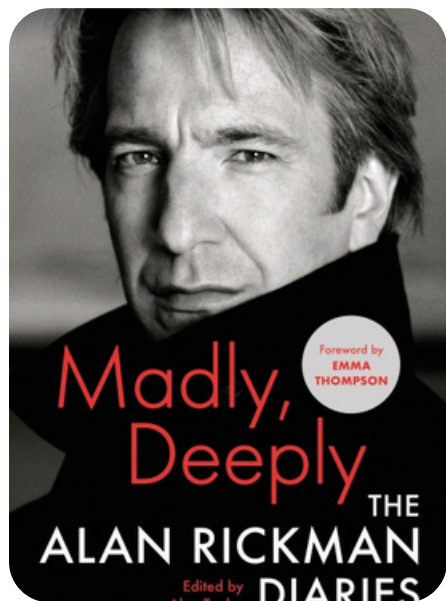
"Due to her highly evasive nature and the development of new camera-trapping technology, which makes continuous, non-intrusive monitoring possible, SANParks has stopped intrusive-tracking approaches and leaves the elephant undisturbed whilst receiving good-quality footage of the elephant. We are, however, open to discussions with Mr Davy if he so wishes."

**ARTICLE BY: THE DAILY MAVERICK**





# BOOK CLUB



## **MADLY, DEEPLY: THE ALAN RICKMAN DIARIES, BY ALAN TAYLOR**

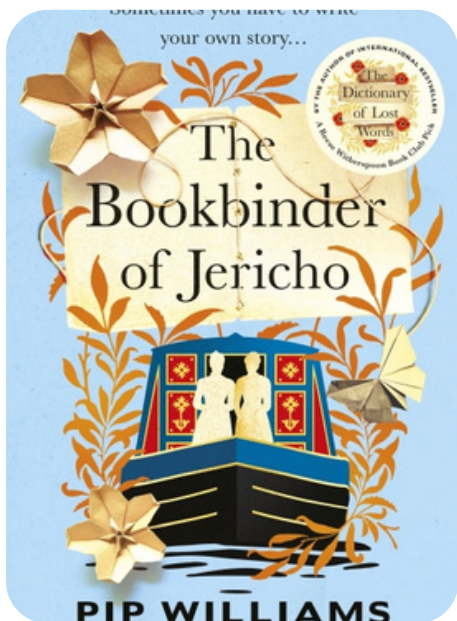
Alan Rickman remains one of the most beloved actors of all time across almost every genre, from his breakout role as Die Hard's villainous Hans Gruber to his heart-wrenching run as Professor Severus Snape, and beyond. His air of dignity, his sonorous voice and the knowing wit he brought to each role continue to captivate new audiences today. But Rickman's artistry wasn't confined to just his performances. Rickman's writing details the extraordinary and the ordinary in a way that is anecdotal, indiscreet, witty, gossipy and utterly candid. He takes us behind the scenes on films and plays ranging from *Sense & Sensibility*, the Harry Potter series, *Private Lives*, *My Name is Rachel Corrie* and many more.



## **ONE, BY JAMIE OLIVER**

A book to rival *15-Minute Meals* and *5 Ingredients* in its smart simplicity – a one-pan cookbook from Jamie. Quick and easy meals are even simpler when you cook with just one pot, pan or tray. And with each recipe using eight ingredients or fewer, requiring minimal prep (and washing up), they offer maximum convenience.

ONE is packed with budget-friendly dishes you can rustle up any time: delicious work-from-home lunches, quick dinners the whole family will love, meals to get novice cooks started. With over 100 recipes that'll teach you simple one-pan techniques – chapters include *Veggie Delights*, *Celebrating Chicken*, *Frying Pan Pasta*, *Batch Cooking*, and *Puds & Cakes* – there are plenty of no-fuss, tasty recipes that make this a must-have for every kitchen.



## **THE BOOKBINDER OF JERICHO, BY PIP WILLIAMS**

'Your job is to bind the books, not read them.'

When the men of Oxford University Press leave for the Western Front, Peggy, her twin sister Maude and their friends in the bookbindery must shoulder the burden at home. As Peggy moves between her narrowboat full of memories and the demands of the Press, her dreams of studying feel ever more remote. She must know her place, fold her pages and never stop to savour the precious words in front of her.

From volunteer nurses to refugees fleeing the horrors of occupation, the war brings women together from all walks of life, and with them some difficult choices for Peggy. New friends and lovers offer new opportunities, but they also make new demands – and Peggy must write her own story.