

# NEWSLETTER

## WHAT'S HAPPENING

*"The secret of change is to focus all of your energy not on fighting the old, but on building the new."*

Socrates

Dear Residents,

After another week of amazing weather, we can brace ourselves for a much cooler weekend. The sports fans however will welcome this as there is plenty of action on this weekend to keep you indoors and entertained.

Starting today, we have the Wimbledon Men's semi-finals, with the Women's Final tomorrow and the Men's Final on Sunday. Today you can also watch the U20 Rugby World Cup where the Baby Boks take on England at 16h30.

Tomorrow the Rugby Championship continues with the Springboks taking on the Kiwis in Auckland at 09h00 SA time, in what should be a cracker of a game! Later that day, the Australians take on Los Pumas in what coach Eddie Jones will be hoping is a much better performance than last week's clash against SA.

On the social front, you can start getting ready for this month's Resident Walk on the 28th, and also this month's special event, the Christmas in July dinner on the 25th at The Brasserie in Tokai. Thank you to everyone who has booked so far. Our initial 60 spots were booked so quickly that we had to request an additional 20 seats which we hope to also fill. Once we have the final numbers confirmed, we will advise the shuttle times. We will try our best to accommodate all the seating requests but also need to consider the venue and space we are working with.

Following on from last week's additional 'nice-to-know' pages, this week we've included information on some spectacular awards that South Africa and Cape Town recently received:

In 'Bottoms Up' read all about the best value Cabernet Sauvignons in the world where SA walked away with 2 awards in the top 10!

In 'Making Headlines' SA took the no 1 spot and Cape Town the No 1 City To Visit in the World as voted by the readers of the UK Telegraph newspaper.

In 'Green Fingers', we offer some tips for gardening in shady areas before ending off with something for the classical music lovers - the first in a series on The Great Composers. It's a great read and has links to the musical pieces included.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

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The Great Composer Series

Niccolò PAGANINI

# ACTIVITIES & EVENTS

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

<b>MON</b> 17 JULY	11h30 CLUBHOUSE ANTI-AGING	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
<b>TUE</b> 18 JULY		14h00 HOUSE 24 SCRABBLE	
<b>WED</b> 19 JULY	11h30 HOUSE 24 ANTI-AGING		
<b>THUR</b> 20 JULY		14h00 HOUSE 24 ART CLASSES	
<b>FRI</b> 21 JULY			
<b>SAT</b> 22 JULY	15 JULY 09h05 HOUSE 24 RUGBY CHAMPIONSHIP	10h00 CLUBHOUSE LAWN BEGINNER BOULES	15 JULY 14h45 HOUSE 24 WIMBLEDON WOMAN'S FINAL
<b>SUN</b> 23 JULY			16 JULY 14h45 HOUSE 24 WIMBLEDON MEN'S FINAL



# ACTIVITIES & EVENTS

JOIN US FOR A VERY  
MERRY

*Christmas in July*

— AT —  
THE BRASSERIE

## *Menu*

Sparkling wine on arrival

### MAIN COURSE

SLOW-ROASTED LEG OF LAMB AND  
OVEN-ROASTED CHICKEN

served with cauliflower gratin, honey-roasted carrots,  
roast potatoes, mint sauce, Yorkshire pudding  
and homemade gravy

### DESSERT

BRASSERIE CHEESEBOARD

or

CHRISTMAS PUDDING

served with brandy butter and homemade vanilla ice cream

R260 pp

### *Please Note*

Date: 25 July 2023 | Shuttles from 17h30 for 18h00 and again to return to the village after dinner  
Book at the Reception or call ext. 3200 | Full pre-payment required to confirm bookings

Only 60 seats available on a "first-pay-first-served basis"

House wine will be available at price of R120 per bottle once Evergreen sponsored wine runs out.  
All other beverages are to be settled on the evening per table and will include a 15% service fee.



# ACTIVITIES & EVENTS

## RESIDENT WALK

Friday, 28 July at 09h30

Join us for our monthly Resident walk.  
5km and 7km route map available  
at Reception

For more information contact  
Myrle on ext. 3053 by Wednesday,  
26th July 2023.

## 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 at 09h05. Slippers will not be frowned upon.

**Please note:** The game can be viewed in  
the Clubhouse or House 24

Click here to read what  
Harry Jones, an Australian sports  
writer had to say about his  
experience of Loftus Versfeld and  
the game between South Africa  
and Australia.





# IT'S A CELEBRATION

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

## BIRTHDAYS

**21 JULY**

URSULA ATHIROS – Apartment 109

EDWARD TWIGGS – House 62

## KEEP WALKING

Despite the cold we have seen many residents taking regular walks in and around the village. We have decided to move a couple of our benches around to create 2 "pitstops" where you can catch your breath. One at the top of Winery Road and the second on the lawn in the one-way coming down from the apartments. Enjoy your walks!

Thank you to Lynne Perry for the suggestion.





# GREEN FINGERS



## SHADE GARDENING

ARTICLE BY: STODLES ONLINE

### GARDENING IN SHADY SPOTS

Feeling frustrated because nothing will grow in the shadier parts of your garden? Don't despair... many plants actually thrive in shady spots, even those that receive no direct sunlight at all, you just have to know what to choose. Here's a handy guide of a variety of fantastic shade-loving plants for you to consider:

If your shade is dappled (in other words sunlight filters through the trees above in a dappled or lacy pattern), then try planting azaleas, camellias, hydrangeas, philodendrons and spring-flowering bulbs like daffodils, freesias and lachenalia. You can also grow primulas, violas, pansies, impatiens, begonias and lobelias successfully in shady conditions.

Good choices for semi-shade areas that only receive direct sunlight in the morning include star jasmine, sacred bamboo (nandina domestica) and Duranta "Sheena's Gold". Remember to feed and mulch these areas well to help keep the roots of the plants cool.

If your garden is always in full or deep shade, analyse if the soil is wet or dry and choose your plants accordingly: moist, shady areas are a happy home for maiden hair fern, elephant's ear and many plectranthus species, while clivia miniata, which occur naturally in the shade of tall trees in our local forests, will thrive in dry shady areas; as will periwinkle (vinca major), fairy crassula (aptly known as the skaduplakkie in Afrikaans) and Canarian Ivy, the indigenous paint brush plant (haemanthus albiflos).

### SUCCESS IN SHADE GARDENING

Gardening in shady areas can be such a buzzkill, a down-right challenging task. But despair not because with the right plants, you're well on your way to success. Here are some cool ideas for shade garden plants that grow beautifully in three different types of shade.

#### Filtered shade

This occurs under large, open-branched trees, which allow dappled sunlight to shine through, creating forest-like conditions beneath the trees. Best plants for this type of shade:

*Coleus, ferns, impatiens, begonias, hydrangeas, lirioppe, foxgloves, philodendron, cordyline, cineraria, fairy primrose, torenias*

#### Semi-shade

This refers to areas that receive up to five hours of direct sunlight a day and filtered or dense shade for the remainder of the day. This type of shade often occurs next to garden walls. Best plants for this type of shade:

*Agapanthus, gardenia, abelia, plectranthus*

#### Dense shade

This is the most challenging type of shade to grow plants in, especially for new gardeners. Shaded gardens normally lack water and light, and it's even worse with dense shade. Best plants for this type of shade:

*Peace lily, aspidistra, fuchsias, hydrangeas, ivy azaleas*

Alternatively, try lightening the shade by removing lower tree branches and thinning out higher branches. You can also encourage plants to grow in very dense shade by adding plenty of compost to the soil and spraying plant leaves with a diluted solution of liquid fertiliser. Happy gardening!

# BOTTOMS UP!



## THE WORLDS BEST VALUE CABERNET SAUVIGNON

ARTICLE BY: WINE.CO.ZA

Cabernet Sauvignon is known for many things but value-for-money is not one of them. The great reds of Bordeaux and Napa – and their even greater prices – might be brilliant, but bargains they are not.

However, Cabernet Sauvignon in other less-lauded parts of the world is a different story. Still rich, structured and delivering those all-important black and blue notes of cassis, these Cabernets don't cost the earth.

With the majority from Chile, Argentina, South Africa and Australia, it just goes to show that the production of great, high-quality wines at even better prices is still very much the preserve of the Southern Hemisphere, the north, with its big Bordeaux, Burgundies and Barolos has long left that game.

When it comes to the wines featured on this list, each one costs less than \$50 and all have a minimum score of 92 points from at least two critics. To calculate value for money, we use a simple but effective formula of dividing the score by the price – the higher the value, the better the deal.

Taking top spot as best value Cabernet Sauvignon is the 2019 vintage of BenMarco Cabernet Sauvignon by Susana Balbo. With a score of 93 points from three critic reviews and an average price point of \$19, the Cabernet Sauvignon from Argentina's Uco Valley represents undeniably brilliant value. Described by Patricio Tapia of Descorchados as "deliciously varietal," this spicy cab pays homage to its Mendoza terroir making it the perfect companion to pizza and tomato-based pasta. It's also widely available which makes it even better.

Second is an offering from Australia's Coonawarra. Wynns Coonawarra Estate frequently nails the sweet spot between price and quality with their 2020 Black label Cabernet Sauvignon boasting a score of 93 points from three critics and a modest price tag of \$21. Rich in dark fruit and herbal notes of mint and lavender, the wine is both ready to drink as well as able to cellar making it both a versatile and veritable bargain.

In third place is another Australian wine, this time from the Margaret River. The 2018 vintage of Stella Bella again gets rave reviews with a score of 93 points from three critics at a \$26 price point. Described by Christina Pickard of Wine Enthusiast as "bright, lucid, textural and approachable", this wine is ready to be opened but can also cellar for the next ten years making it another flexible buy.

**Fourth, is the 2018 vintage of Tokara from Stellenbosch in South Africa. With a score of 94 points from three critics, this wine has been extremely well-received while still coming in at the very reasonable price point of \$28. A true Bordeaux blend, although the wine is predominately Cabernet Sauvignon, there is a tiny dash of both Petit Verdot and Malbec delivering those notes of five spice and dried porcini.**

Number five is the 2015 vintage of Wynns Black Label Cabernet Sauvignon, described as having mint chocolate notes, the wine has a score of 93 point from five critics and an average price point of \$28.



Like Wynns, Susana Balbo also throws in an older offering with their 2018 vintage of the BenMarco Cabernet Sauvignon. Like the 2019 vintage, the 2018 holds a score of 93 points from three critics and although the price point – at \$28 – is higher than the 2019, it's saved on a year of cellaring while still delivering on bright fresh fruit.

Best Value Cabernets on Wine-Searcher:

### WINE NAME AND VALUE FACTOR

1. 2019 Susana Balbo Wines BenMarco Cabernet Sauvignon – 4.89
2. 2020 Wynns Coonawarra Estate Black Label Cabernet Sauvignon – 4.42
3. 2018 Stella Bella Cabernet Sauvignon – 3.57
- 4. 2018 Tokara Reserve Collection Cabernet Sauvignon – 3.35**
5. 2015 Wynns Coonawarra Estate Black Label Cabernet Sauvignon – 3.32
6. 2018 Susana Balbo Wines Ben Marco Cabernet Sauvignon – 3.32
7. 2015 Carpineto Farnito Cabernet Sauvignon Toscana IGT – 3.17
8. 2018 Vina Aquitania Lazuli Cabernet Sauvignon – 2.59
- 9. 2017 Rustenberg Peter Barlow – 2.13**
10. 2018 Le Riche Reserve Cabernet Sauvignon – 2.08



Seven is the only European wine to make it onto the list. The 2015 vintage of Carpineto Farnito Cabernet Sauvignon has a score of 92 points from six critics and an average price tag of \$29. For those looking for more of an 'old world' style of Cabernet Sauvignon, this wine from the land of the Super Tuscans is a safe bet. Described by the estate as "clean and intense, with complex hints of spices, licorice, vanilla, and cherries," this wine will undoubtedly reward both drinking now and further time in the cellar.

Number eight is from Chile's Maipo Valley. The 2018 vintage of Lazuli Cabernet Sauvignon from Vina Aquitania is, at \$37, among the most expensive on this list but is also boasts one of the highest scores of 96 points from two critics. Named after the Lapus Lazuli stone found in Chile, the wine has been described by Patricio Tapia from Descorchados as having both "earthy and menthol aromas, ripe red fruits, herbal touches that unfold elegantly on the palate over soft and highly polished tannins." The wine was also described as the "vintage of the decade."

Nine is the 2017 Peter Barlow by another Stellenbosch estate, Rustenberg. At \$44, this Cabernet is the second most expensive on this list but it also scores 94 points by three critics. Described by Jamie Goode as having "dark cherry chocolate aromas" with ginger spice on the nose when it was awarded at the International Wine Challenge, this is both a wine for drinking now and medium-term cellaring.

Last, but not least – certainly when it comes to expense – is another wine from Stellenbosch. The 2018 vintage of Le Riche Reserve Cabernet Sauvignon is the most expensive on this list, topping off at \$45 but it also holds a score of 94 points from five different critics. Complex and smoky, the wine has been described by Tom Cannavan as having a "Pauillac-like character" and, for context, the average prices commanded by Bordeaux's Left Bank frequently run into hundreds if not thousands of dollars, so for less than \$50, it's a downright bargain.



# MAKING HEADLINES



## BRITISH TELEGRAPH READERS LOVE SOUTH AFRICA AND THINK CAPE TOWN IS NO 1

ARTICLE BY: THE DAILY MAVERICK

**Saffas might have plenty to complain about, but British readers of The Telegraph just seem to love our country. They really, really do. South Africa has just won Country of the Year at the 2023 Telegraph Travel Awards, as voted for by 27,000 Britons in deciding on their favourite destinations, airlines and travel companies. And Cape Town is their best city in the world. Capetonians would agree.**

The Telegraph, which boasts a readership of 2.3 million readers, launched the awards in 1998, although the last reader survey for travel was published in November 2019 – just before the pandemic, which caused significant disruptions to the sector globally.

“Safari favourite” South Africa was named best country, followed by New Zealand and then the Maldives.

Other countries, which were popular before the pandemic, have dropped off the list: Bhutan, ranking fourth in 2019, was so short of votes in 2023 that it didn’t even make the list, as did Myanmar (sixth in 2018) and Nepal (22nd in 2019). Uzbekistan, Georgia, Madagascar, Tunisia, South Korea and Gambia also failed to make the cut.

Love for Russia – a dismal 62nd in 2019 – is nowhere to be seen this year (might its war crimes in Ukraine have something to do with it?), while the United States, which won in 2011, only made 36th place – below Iceland, Ecuador and Cuba. Africa features in three segments on the list: Starting at number 10, Botswana – which has some of the best game parks in Africa and the renowned Okavango Delta – has been voted one of their top 10 countries for the seventh consecutive time. In ninth is Costa Rica, which has grown in popularity over the years. Boasting beaches on both the Caribbean Sea and the Pacific Ocean, Costa Rica’s forested interior is rich in wildlife, while the capital San José is known for its seriously cool accommodation. Eighth is India: the world’s most populous country dazzles with diversity, rich architecture and holy places. It’s the first time India has made it to the top 10.

The next port of call is another safari destination, Kenya, in seventh place. The tourism sector suffered after the 2013 terror attacks in Nairobi and has fluctuated wildly on the list (little surprise), but this year, Brits are feeling good about their visits to the Maasai Mara and Indian Ocean beach resorts. Italy’s in sixth and that’s more “amore”. This is the first time in the past decade that Italy has been ranked higher than 10th, as tourists stream to the Eternal City (Rome), Florence, Tuscany and the Amalfi coast. Australia’s in fifth place, as Telegraph readers brave long travel times to reach this bucket-list destination, which boasts the Outback, Sydney’s iconic skyline, the Great Barrier Reef, the Gold Coast and so much more. A direct flight from London to Perth, currently only offered by Qantas, takes more than 16 hours.

From 2025, travellers will be able to fly directly on Qantas from London to Sydney. It will be the world's longest flight. Japan – the land of sushi, sumo, cherry blossoms, manga art and the snow-capped Mount Fuji, has been a stalwart on the list over the past six awards, placing fourth consecutively in the four most recent awards. In third place is the Maldives, a collection of almost 1,200 islands in the Indian Ocean, which has become an exclusive honeymoon island synonymous with top-end restaurants, pristine beaches, scuba diving, emerald waters and palm trees. New Zealand – Telegraph readers' choice of travel destination for the past decade – might be unbeatable in many things, but when it comes to travel destinations it's had to eat humble pie this year, toppled by South Africa. South Africa is now one of the most accessible countries in Africa, with direct flights between two cities (Cape Town and Johannesburg) and London, plus a near-identical time zone. Telegraph Travel says the reward for 12 hours in the air is a "place of true beauty – Cape Town a supermodel at the foot of Table Mountain, the Garden Route a ribbon of road-trip nirvana, the wineries of Franschhoek and Stellenbosch crafting fine vintages, the landscape thrilling to the peaks and troughs of the Drakensberg range and Motlatse Canyon, Kruger National Park a roaring wildlife zone".

This crowning, it says, has been coming as South Africa was third in this poll in 2017 and second in 2018. And the best cities in the world? Cape Town, followed by Vancouver and Rio de Janeiro. The best long-haul airline, once again, is Emirates followed by Qatar Airways and Singapore Airlines. Meanwhile, citing more representative data from the UK's Office for National Statistics (ONS), Statista's results don't place South Africa anywhere in any top 10. The online specialised data portal says that with 71 million visits abroad, outbound travel from UK citizens in 2022 was at roughly the same level as in 2014, while still falling more than 20% short of 2019 levels. ONS data showed that Brits are mostly seeking out sunnier shores when they travel, with 15.6 million UK citizens visiting Spain last year, making it by far the most popular destination for British travellers. France attracted 7.4 million visitors from the UK, followed by Italy, Greece and Portugal.

Business trips accounted for just 4.8 million outbound trips last year, down from almost nine million in 2019.



## CAPE TOWN VOTED AS 'THE GREATEST CITY ON EARTH'

ARTICLE BY: CAPE{TOWN} ETC.

Almost 30 000 readers voted and ranked Cape Town as 'The Greatest City on Earth' in the 2023 Telegraph Travel Awards. Since 2013, the majesty of Table Mountain, the glistening shores of Camps Bay, the scenic promise of the Cape Peninsula and the opulent fragrance of the Cape Wineland's award-winning wines (among a plethora of other Mother City gems) have unfailingly captured the hearts of the globe in every edition of the Telegraph Travel Awards. This year brings no exception. From beautiful weather and views to wine farms and the penguins of Boulders Beach, not to mention the laid-back Capetonian lifestyle, we can see why. South Africa also garnered its crown as the 'Greatest Country on Earth', according to Telegraph readers. A round of applause to New Zealand and Maldives who snatched the second and third spots in the 'Best Country' stakes, as well as to Venice and Seville who were runners up in the 'Best WorldWide City' category.

### TOP 10 CITIES:

1. Cape Town
2. Venice
3. Seville
4. Vancouver
5. Rome

Followed by the likes of these gorgeous destinations, we, as Capetonians, are as proud as can be of our Mother City and all that she encompasses for attaining such a prestigious international accolade.



# CLASSICAL CORNER



## THE GREAT COMPOSERS

BY PETER LEVER

**Strictly speaking, the Classical period sits between the Baroque and Romantic eras but the semantics are of no consequence; these articles will illustrate the personal life and music output of composers ranging from Vivaldi through to Elgar and covers a time frame from the early 18th to early 20th centuries. The difficulty will not be choosing the composers and selecting examples of the music, but how to describe them in a very short article each time.**

### **Niccolò PAGANINI (1782 – 1840)**

Of all the composers I intend to write about, Paganini is probably the least known to most of you – yet he is undoubtedly the most interesting, enigmatic and controversial of them all. His music may not necessarily be the finest when compared with the musical genius of Mozart or Beethoven, yet it has two great qualities: the tunes are attractive and the technical demands for playing on the violin are of such difficulty that only the very finest players dare risk live performances.

Born in Genoa, Italy, Niccolò was a weak child and the family poverty and poor hygienic conditions of the time did little to alleviate the hardship of his early life. At the age of four he suffered a seizure and fell into a deep coma. After twelve hours a physician pronounced him dead and preparations began for his funeral. His mother, a devout Catholic, knelt in prayer with the body which was wrapped in a shroud when suddenly his tiny hand moved – he was still alive! However, from that day forward his health was always erratic and added to his future difficulties. His father, who worked in the harbour, was naturally musical and played the mandolin. Niccolò showed interest in playing and, taught by his father, made rapid progress and then took to the violin, the tuning and fingering being similar on both instruments.

As with Mozart, the father quickly saw an opportunity for the family to make some badly needed money and became a strict disciplinarian to develop his son's talent. Despite the shortage of funds, his father realised that professional tuition was needed and soon Niccolò was receiving tuition in exchange for playing regularly in the local cathedral. He quickly progressed technically including composing his own works – his fame had begun and quickly spread. Fortunately, word of mouth from the right contacts resulted in new tutors which, together with his own dedicated hard work eventually meant a move to Parma for the very best tuition at the time; incredibly he was also developing his own unconventional playing technique and was blessed by having superb sight-reading ability (meaning that he could play unfamiliar music perfectly on first sight of it). By the time he was 20 he managed to move away from the control of his father and was constantly travelling around performing at concerts and his reputation as a musician preceded him everywhere – this life inevitably also introduced him to other pleasures and he soon developed a reputation as a womaniser (hardly surprising at his age) and it stayed with him all his life.

He was given a magnificent gift of a Guarneri violin by a wealthy amateur violinist after performing on it at a concert in Leghorn. This violin, the Guarnerius del Gesu, had a large booming sound and was nicknamed by Niccolò as The Cannon – now retained in Gerona, winners of the annual violin competition there are allowed to give one performance on it.

Paganini was so far ahead of any other violinist at the time (and probably for a century afterwards) that many could not believe that this was a combination of natural talent, dedicated practicing and new techniques that he invented. Stories started to emerge that he was in league with the Devil. One of the explanations about his individual playing techniques is that he suffered from Marfan's Syndrome (spider-fingers) resulting in long, thin fingers which have rubbery joints. This enabled him to develop playing techniques that nobody else at the time could ever understand or copy. One of the tricks that he is rumoured to have used regularly would be to partially cut one, or even two of the higher strings on the violin ("A" and "E") so that they would break during a performance. He would continue to play using the lower strings to produce the same high notes which involves playing right up at the very top of the finger-board near the bridge of the violin (together with the relatively lesser-known aspects of harmonics). Not to be forgotten also were his superior bowing techniques and the use of left-hand (the fingering hand) pizzicato – it all went into the showmanship.

In terms of the music he wrote, the most well known are his six violin concertos and the twenty four Caprices, examples of which I am giving as links below. He is best known for compositions for the violin but also for the guitar, which came from his earlier start learning the mandolin. He was generous with the money earned from his success and the French composer, Hector Berlioz, was virtually rescued from destitution by Paganini.

Sadly, with success often comes a downfall. His health had always been weak and, having lost all his lower jaw teeth in mid-life which changed his facial appearance considerably for the worse, he developed tuberculosis which finally killed him in Nice, France. At the time cholera was rife and the rumour was that this was the cause of his death.

The church refused him a burial for fear of spreading the contagious disease and issued an edict that he should be cremated. However, his loyal "fanclub" scorned the edict and took his body by boat and buried him on a small island off the Riviera called St. Honorat. Some five years later his body was removed to be returned to Italy. Shamefully, all the authorities kept finding every conceivable excuse not to permit his burial initially in Genoa. He was re-buried several times but eventually his final resting place is in Parma with an impressive palatial tomb.



Click [here](#) to listen to Paganini Violin Concerto No1 by In Mo Yang



Click [here](#) to listen to Niccolò Paganini Caprice No. 24 In A Minor