

NEWSLETTER

WHAT'S HAPPENING

"Our mind is a powerful tool capable of great creativity and invention. But, when used improperly, the mind can also become an instrument of suffering."

NAUSH KHAN

Dear Residents,

I hope you've all had a good week.

I want to start with a Huuuge Thank You to everyone who attended the Christmas in July dinner on Tuesday evening. If it wasn't clear what a "sense of community" is I think everyone in attendance can now confirm that we have that in abundance.

Thank you also to the ladies of the social/catering committee who took care of all the decor. The cozy venue looked stunning with the additional Christmas decor and pops of red dotted throughout. It is a pleasure working with such a proactive group who do everything possible to create memorable moments for all our residents, and I look forward to working on many more events with you.

Please also be reminded of the Social Dinners that Brian Dalton has arranged at Lime Tree Cafe while the Clubhouse is being renovated.

The refurbishment project has unfortunately been delayed thanks to a few curve balls but it would seem that we now have everything in place. We are expecting contractors to move on-site next week. Please note that once the work starts the clubhouse and cordoned-off areas will be completely off-limits and deemed an active work site. The Clubhouse have been cleared and only reception and the office are left to quickly move on Monday.

Please also note that the over-night carers will be based at reception over the weekend and not in the clinic.

We begin the weekend on a slightly wet note with 90% rain predicted from today. This will continue right into tomorrow so make sure you are weather-ready. There is plenty to watch if you're an avid rugby supporter. In the build-up to the Rugby World Cup in September there are several international games taking place. The Springboks vs Los Pumas game will not be affected by load shedding if the schedule remains as it is currently but you will be able to get together in House 24 for the 17h00 start.

This week we've included a new page, "House & Home" where you can read more on the best way to make your bed "correctly". In the 'Bottoms Up' section read all about the origins of Baileys liqueur which has a 'closer-to-home' link than you realise. In 'Making Headlines' there is great news in that at least 5 dams in the province are now at 100% capacity after the good winter rains we've had this season, and we end off with a second article on the Great Composers in the 'Classical Corner'.

Wishing you all a wonderful weekend.

Regards

Riaan and the Evergreen Team

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IT'S A CELEBRATION

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

BIRTHDAYS

31 JULY

ROGER PRIDEAUX – Apartment 104

2 AUGUST

ALIDA ALDROYD – House 22

3 AUGUST


ROGER CUMMINS – House 20

3 AUGUST

DAVID WALKER – House 42

ACTIVITIES & EVENTS

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

MON 31 JULY	11h30 HOUSE 24 ANTI-AGING	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 1 AUG		14h00 HOUSE 24 SCRABBLE	
WED 2 AUG	11h30 HOUSE 24 ANTI-AGING		
THUR 3 AUG		14h00 ART CLASSES	
FRI 4 AUG			
SAT 5 AUG		10h00 CLUBHOUSE LAWN BOULE	17h00 HOUSE 24 RUGBY SA VS ARGENTINA 
SUN 6 AUG			

ACTIVITIES & EVENTS



EVERGREEN LIFESTYLE RWC PREDICTOR

As we eagerly await the Rugby World Cup in September, it is only natural that South Africans will take more interest in the Springbok games but with a whole tournament to cover, I thought we could inject a little friendly competitiveness as the tournament progresses.

For those who have heard of, or played SUPERBRU, this will be very similar. The more players we get, the more interesting it becomes. Below is a short introduction on how it will work. It is very simple and you don't have to be an expert to play or to do well.

HOW IT WORKS?

A prediction sheet will be issued per player on which predictions are made per match. Submit your predictions at reception or by email. You don't need to predict all outcomes at once, as long as you get the pick for each game in by the start of play or as communicated for games over weekends.

HOW DO I PREDICT?

This is very simple. All you need to predict is:

- The outcome of the game. "Who you think will win."
- By what margin you think your team will win, or draw.



RESULTS

Each week will be seen as a 'Round' and an official update will be shared on the Monday after each round. The Player with the highest score for the round will be announced as the 'Player Of The Round' each week. Should there be a tie at the end of the tournament, the player who has won the most "Player Of The Round" awards will be announced as the Ultimate Winner.

HOW DOES THE SCORING WORK?

Points will be allocated to each player as follows:

- 5 POINTS for a correct winner predicted.
- 3 POINTS for a winning margin of 5 points or less of the prediction.
- 1 POINT for a winning margin of 10 points of the prediction.
- 1 BONUS POINT for an exact prediction.

If you are interested in participating or have any questions or suggestions on how to make it even more fun, please contact me directly on riaang@evergreenlifestyle.co.za. | Results will be shared on notice boards and also on Whatsapp - please indicate if you would like to be part of the Whatsapp group. This will only be to update results and an administrated group to be deleted post-tournament. An entry fee of R50 per player will be charged and can be paid at reception. All funds will go directly to the winning prizes. One overall winner and a 'Best in Village' player will be announced after the final game.

HOUSE & HOME

YOU'VE BEEN MAKING YOUR BED ALL WRONG

ARTICLE BY: TOMSGUIDE.COM



When it comes to making our beds in the morning, we each have our own routine. Some will simply pull the comforter up to pillows and tuck it in tight. Others will chuck no end of decorative pillows and a throw on top. Some aren't even that fussed about making the bed, and will leave it au natural. Whichever of the above you follow, odds are you're not making your bed the right way.

That's right, there is indeed a right way to make your bed. Follow this, and your sheets will stay cleaner for longer, providing a more refreshing night's sleep. Ignore it, and even the best mattress will encourage dust mites and mold. Keen to learn more? Here's the right way to make your bed, and why it's essential to your morning routine.

WHAT'S THE WRONG WAY TO MAKE YOUR BED?

First, we should explain what's so wrong with your traditional bed-making method. Every night, we secrete sweat and oils as we sleep in our beds. You might have seen the tell-tale yellow stains as evidence when you strip your bed. So, it's not hard to believe that there's plenty of heat and moisture retained in your sheets by the morning.

By immediately making your bed and sealing the comforter on top of your mattress, you're locking in that excess heat and moisture, leaving it stagnant to produce a musty smell when you return later. The warm humidity combined with poor ventilation makes for an ideal breeding ground for bacteria, mold and dust mites as well.

So long story short, whether you neatly make your bed, or simply leave the comforter sprawled on top, you're not being overly hygienic or giving your bed the best care. Even if you opt to use a mattress protector, or a mattress topper, bacteria and dust mites will still build up on the surface, so this advice applies to all.

WHAT'S THE RIGHT WAY TO MAKE YOUR BED?

You need to effectively release that trapped moisture and heat each morning, and give the mattress a sufficient chance to air before you replace the bedding. So rather than tuck the sheets in, pull them back.

Be generous as you do this as well — when you think about it, heat and moisture will have accumulated around your entire body, so the sheets need to be pulled back sufficiently to ventilate the same area. You can either hang the comforter off the end of the bed, or even remove it entirely, so there's optimum air circulation.

Your pillows will also have been compressed throughout the night, so it's a good idea to dislodge them and fluff them up before putting them back. Any heat trapped between them will then be released and the air will circulate through the filling more effectively — although this depends on the type of pillow you use. There are several environmental factors which can make a difference as well. For instance, by opening up the windows and doors in your bedroom, the excess moisture can be vented.



The best dehumidifiers can also keep moisture levels low, while the best air purifiers can reduce a musty smell. It's not the prettiest of bed-making methods, but it's the most hygienic. And your bed needn't stay like this. Simply give it a couple of hours before you return and make it the traditional way. By this point, your sheets should have returned to room temperature and any moisture will have dispersed. In following this method, you will essentially reduce the bacteria which would otherwise be found in your bed, and it can prevent dust mites from breeding as well, because the environment isn't so favorable.

If your bed smells musty despite your newfound bed making method, it might be time to wash the pillows and the comforter. We sweat every night, and so regardless of how well we ventilate our beds in the morning, bacteria and grime can't be avoided. You should wash your pillows and comforter every four months for guidance.



BEDDING CARE TIPS

- Invest in mattress and pillow protectors; these will provide an extra barrier of protection for your bedding against general spills and grime.
- If you find yourself overheating often at night, try reducing the thickness of your comforter. You can also lower the temperature of your thermostat to save some money, or invest in temperature-controlled bedding such as a cooling gel-infused memory foam mattress topper.
- Remember to clean your mattress as often as required to keep on top of spills, stains and dust mites. Left untreated, a dirty mattress can contribute to allergies.
- If you struggle from allergies regularly, invest in hypoallergenic bedding to help you sleep. This deters dust mites and pet dander thanks to the tiny pores.
- Is your mattress particularly musty? Try sprinkling baking soda directly on top and leaving it to deodorize for a few hours before vacuuming it back up.



BOTTOMS UP



THE JEWISH HISTORY OF BAILEYS

ARTICLE BY: KAT ROMANOW (THE NOSHER)

As it turns out, the Irish liqueur was invented by a South African Jew.

There is a long history of Jews working in the alcohol industry, from running the majority of taverns in Poland in the mid-19th century to founding distilleries and wineries that are still in operation today. You may even be familiar with some of these businesses, such as Herzog Wineries, Seagram or the Carmel Winery. But what you probably don't know is that Baileys Irish Cream liqueur was invented by a South African Jew. Turns out, Baileys does not have deep roots in Ireland as its label, which depicts the lush green fields of the Irish countryside, and name would lead you to believe. Rather, it was invented by David Gluckman in London in 1973.

Gluckman was born on November 1st, 1938 in Port Elizabeth, now known as Gqeberha. He spent the first five years of his life in this small city, after which his family moved to Johannesburg to be closer to their extended family. The Gluckmans were not religious, but celebrated the High Holidays and Passover. He recalled that his mother would make bacon and eggs for breakfast for himself and his father after they returned home from their morning swim – always making sure to light a candle so the smell of bacon would be imperceptible to their neighbours.

A chance reading of “Madison Avenue, U.S.A.” by Martin Mayer, a book about the advertising industry, motivated a 19-year-old Gluckman to pursue a career in advertising. After working as an account executive in Johannesburg, he decided to move to London four years later, in 1961 – without a job or a friend in the city.

A month after arriving, Gluckman was hired at an advertising agency in Knightsbridge, an upscale neighbourhood in Central London. One day, the general manager of the Irish Dairy Board came to the agency seeking help transforming Irish butter from a commodity into a brand. In response, Gluckman's team created the beloved Kerrygold butter brand. This gave Gluckman the experience of creating a globally successful brand that would set the stage for his future invention.

In 1973, Gluckman set up his own agency along with a colleague. Almost immediately, they received a brief from the International Distillers and Vintners, a beer, wine and spirits distribution company that is now part of a larger multinational alcoholic beverage company, asking them to develop an export beverage made of local ingredients that would be tax-free for 10 years, in line with a new government incentive. Gluckman wondered aloud to his partner whether his experience helping to create Kerrygold butter could prove useful here. In response, Gluckman's partner half-jokingly suggested that they create a drink that was a mix of Irish cream and Irish whiskey.

Ireland was, and still is, one of the leading producers of high-quality dairy products, something Gluckman and his partner wanted to leverage.

On the other hand, Irish whiskey was in decline at the time, and was only being produced by two distillers, down from 28 distillers in the 1890s. And yet: It was the most logical product to mix with cream to create a new Irish alcoholic beverage.

Running with this idea, Gluckman convinced his partner to take a trip to the supermarket, then and there, to buy some cream and whiskey. Once back at the office, they mixed the two, but realized it tasted disgusting. As Gluckman laughingly told me, “Whiskey is not a very nice tasting product!”

Undeterred, they immediately went back to the supermarket where they decided to buy Cadbury powdered drinking chocolate, an iconic British product that’s been in production since 1824. After adding the drinking chocolate along with some sugar to the mix, they found they had created something that tasted good, which they were happy with. The whole process of creating the drink we know as Baileys today took all of 45 minutes!

His partner wasn’t convinced it would sell, but Gluckman decided to pitch the idea to IDV anyway. The rest is history. Not only did he create Baileys, but also established the market for cream liqueurs, many of which are close copies of Baileys, from their taste right down to the design of the bottle. Carolans was one of the first, appearing only four short years after Baileys was launched in 1978. Nowadays, there are countless cream liqueurs on the market, including non-dairy options, that occupy their own section at the liquor store.

Although it wasn’t an overnight success, today there are roughly 82 million — yes, you read that right, bottles of Baileys sold each year worldwide.

And while there isn’t anything innately Jewish about Baileys except its creator, it has found its way into North American food culture. Beyond being certified kosher, it’s used in a number of modern takes on traditional Jewish dishes, like chocolate



hamantaschen with Irish cream filling — a recipe created for those years when Purim coincides with St. Patrick’s Day — and Irish cream flavoured babka. Plus, it’s a beloved tippie of bubbies round the globe.



BAILEY’S IRISH CREAM COFFEE

WHAT IS THE DIFFERENCE BETWEEN BAILEYS COFFEE AND IRISH COFFEE?

Baileys coffee is a spin on Irish coffee using Baileys Irish Cream instead of cream and sugar. Irish coffee is a classic cocktail you probably already know: warm coffee with a shot of Irish whiskey, topped with whipped cream. The modern version was invented in the 1950’s in Ireland.

HOW TO MAKE:

- Prepare your favourite hot coffee blend. A stronger brew is recommended to stand up to the Irish cream. Allow to cool for a few minutes otherwise the Bailey’s will curdle when added.
- Pour 8 ounces/240ml hot coffee into a clear glass mug or cup of your choice.
- Stir in 2 teaspoons brown sugar [see tips below]
- Add 2 ounces/60ml Bailey’s Irish Cream.
- Top with homemade whipped cream and freshly grated nutmeg

TIPS

- Decrease the sweetness (some may prefer it without any added sugar at all), or increase based on your tastes.
- Besides brown sugar as a sweetener, a vanilla simple syrup, granulated sugar, and honey also work.
- You can just plop the homemade whipped cream on top, but try warming the drink in the microwave for 20 seconds so the cream melts, forming a foamy top that is similar to steamed milk, but sweeter and richer

MAKING HEADLINES



CAPE TOWN NOW HAS FIVE DAMS AT 100 PERCENT CAPACITY

ARTICLE BY: CAPE{TOWN}ETC.

This is according to a report based on information from the City of Cape Town and the National Department of Water and Sanitation, which routinely monitor dam levels to gauge the availability of water in the area and decide whether water restrictions for locals and businesses are required.

The dams in and around Cape Town form part of the Western Cape Water Supply System, an integrated and collectively managed system of dams, pump stations, pipelines and tunnels.

This system provides irrigation water for agriculture as well as water to towns in the Overberg, Boland, West Coast and Swartland regions, in addition to serving Cape Town.

In total, 890 144 Ml of water has been stored, or 99.1% of the dams' capacity. These numbers represent a significant improvement over the 75.3% total storage figure from the same time last year.

The province has recently experienced heavy rainfall, which has significantly increased the dam levels. This report follows those events.

The current dam levels are a stark contrast to the situation a few years ago when Cape Town nearly reached 'Day Zero' – a term used to describe when the city's dams would be so low that they would turn off the taps in homes and businesses, and residents would have to queue for water.

The residents of Cape Town are still very aware of 'Day Zero.'

The city was on the verge of becoming the first major city in the world without access to clean drinking water.

Strict water restrictions and a coordinated effort by residents to conserve water helped avert the crisis.

The current dam levels are evidence of Cape Town residents' tenacity and the success of water conservation efforts.

The City of Cape Town, however, urged citizens to conserve water while there is still water to spare. Water conservation is still important despite the dams being in good condition.

CLASSICAL CORNER



Antonio Lucio **VIVALDI**

(1678 – 1741)

He was born in the City State of Venice, Italy, a renowned centre of international trade but which was also developing a reputation for culture in the arts and music. His father was Giovanni Battista who was an established violinist in Basilica San Marco, Venice – this gave the young Antonio a start in playing the violin which he developed rapidly. He trained for the priesthood but apparently suffered from a chest condition that affected his breathing – it is widely assumed that this would have been bronchial asthma. It was severe enough for him to have been exempted from leading the celebration of the Catholic Mass as a priest. He also had a curly crop of red hair so, rather irreverently, he became known as “The Red Priest”.

There was an interesting aspect of Venetian society at the time, which was to handle humanely the dalliances of noblemen and wealthy traders who had fathered children out of wedlock. Four institutions were well funded so that such children could be educated and cared for: Antonio became the violin master at one of them – Ospedale della Pietà. The system was such that boys would learn a trade and girls would learn music.

So it was that Vivaldi's early compositions were centred around sacred vocal music and subsequently operettas. His proficiency on the violin and understanding of the other stringed instruments enabled him to compose a wide range of works for strings and gradually he developed a reputation for interesting and unusual concerti featuring the violin, violoncello, mandolin or lute as solo instruments – sometimes in pairs.

He is thought to have been one of the main early composers who wrote his concertos in three movements, with the tempo generally being fast, slow, then fast.

THE GREAT COMPOSERS: ANTONIO LUCIO VIVALDI (1678 – 1741)

ARTICLE BY: PETER LEVER

Author's Comment

Having started this modest enough commitment to providing a regular article for the Village Newsletter I have suddenly been gripped with enthusiasm. The only problem lies with limiting the content of each article to a couple of pages for each issue, when realising that I have composers such as Bach, Händel, Haydn, Mozart, Beethoven, Schubert, and Brahms still to come amongst others. I anticipate that some of the composers will warrant two separate articles covering different periods of their lives – in the case of Beethoven, it may even need three. Schubert and Mozart died in their 30's so I may offer a couple for each of these fine composers.

One of the styles that he is now recognised for featuring was the ritornello which was alternating the soloists with the accompanying group (ripieno) – their main function was to keep the theme re-appearing whilst the soloist(s) had all the glamour.

The period in which Vivaldi was composing is known as Baroque. He became quite an impresario and travelled widely to promote his music. There is no doubt that he became known to and influenced the subsequent compositions of both Bach and Händel, who became the transition into the officially known Classical Period. Interestingly, it can reasonably be assumed that had he been born a little later, he might well have written more music that featured woodwind and brass as the instruments themselves became more advanced and so giving them greater flexibility and sound. After his death (in Vienna, Austria incidentally) his scores and manuscripts were bound into 24 leather backed volumes which gradually became forgotten, as did his music generally. Rediscovered in 1926, they led to a renewed interest in his music and the originals are now held in the National Library in Turin.

The most famous of his works is undoubtedly The Four Seasons – a series of four concerti (each having three movements) and written with a distinct and deliberately descriptive style depicting Spring, Summer, Autumn and Winter. I am providing a link to a performance of the complete work featuring a young Nigel Kennedy recorded in 1989. On a personal level, I was very pleased to have celebrated my 60th birthday locally by organising a private performance in Muizenberg of this work. I hired a talented professional soloist (Lucia di Blasio-Scott) and put together a chamber orchestra of musical colleagues coached and conducted by my friend, the late Alan Stephenson (the well known local composer and professional 'cellist'). One of our friends had a harpsichord so it was all quite authentic and great fun. I took the precaution of having a professional leading each section of the strings to keep the rest of us amateurs in order. Afterwards, much wine and food was consumed and we finished just before midnight!!

Enjoy listening to the selected music via the e-links provided.



Click [here](#) to listen to Nigel Kennedy playing Vivaldi



Click [here](#) to listen to Julian Bream playing Vivaldi