

NEWSLETTER

WHAT'S HAPPENING

"The real beginning of influence comes as others sense you are being influenced by them — when they feel understood by you — that you have listened deeply and sincerely, and that you are open."

STEPHEN R. COVEY

Dear Residents,

I hope you've all had a good week.

This past week I shared the notice for the 2023 AGM which I am sure you all would have seen by now. Please be reminded to RSVP as soon as possible and to submit all your questions and Rescom nominations. If anything is unclear or you have queries please feel free to give me a call.

With the clubhouse refurbishment well underway, we have also looked at keeping as many events as possible going. This month's Resident Walk will be pushed out by a week to welcome Spring on the 1st of September. Prior to that though, the Events Committee has arranged a Pub Night at Meadowridge Bowls Club. Read more about both events on pages 4 and 5.

For those of you who would still like to join the Rugby World Cup Predictor game, please complete and submit the entry forms shared earlier this week.

In this week's "What's Happening" you can read more about Cape Town's growing population and how people from all over the country are flocking into the city. In "Health & Wellness" learn more about magnesium and whether you're in need of a supplement.

As we continue to celebrate Women's Month, we look at a different side to the culinary icon, Julia Child who also operated as a secret agent in World War II.

We continue with interesting facts and rugby stories as we get closer to the RWC kick-off on the 8th of September and remind the rugby fans that the Springboks vs Wales game kicks off around 4pm tomorrow, followed by what should be an interesting game between Ireland and England. Both games can be viewed in the lounge at House 24.

We end off with three more great reads that will certainly keep you occupied as we wait out the last of the cold and rainy weather in anticipation of Spring.

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

ANNIVERSARIES

18 AUGUST

BRIAN DALTON - Apartment 106

BIRTHDAYS

19 AUGUST

JOAN MISPLON - House 35



ACTIVITIES & EVENTS

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

MON 21 AUG	11h30 HOUSE 24 ANTI-AGING	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 22 AUG		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 23 AUG	11h30 HOUSE 24 ANTI-AGING		
THUR 24 AUG		14h00 ART CLASSES	18h00 LIME TREE CAFE PIZZA NIGHT
FRI 25 AUG			
SAT 26 AUG		10h00 CLUBHOUSE LAWN BOULE	10h00 HOUSE 24 International Rugby SA vs NZ
SUN 27 AUG			

ACTIVITIES & EVENTS



NIGHT

With the clubhouse being closed for renovations, the ever-popular Pub Night had to be temporarily suspended. However, the E&E Committee has negotiated with Meadowridge Bowls Club to use their clubhouse so that the village Pub Night can commence as planned.

The format, due to the new venue, has changed slightly. Before, the E&E Committee funded the snacks provided from the profits generated by drinks sales at the bar. This will change to a "Bring & Share" style catering with a nominal charge of R 10pp to cover the fee that Meadowridge Bowls Club is charging for the use of their facility.

All drinks will have to be bought from the Meadowridge Bowls Club bar but they are very reasonably priced!

- Wine per glass – R15 to R25
- Beers – R20 to R25
- Spirits – R10 to R15 per tot
- Soft drinks – R16 per can

DATE: Monday, 28 August

TIME: 18h00

VENUE: Meadowridge Bowls Club

(Howard Avenue, close to the Meadowridge Park 'n Shop)

COST: R10pp

RSVP: There is no need to book, just pitch up with your plate of snacks



ACTIVITIES & EVENTS

Spring Walk

To celebrate the arrival of Spring, the next Resident Walk will take place on **Friday, 1 September**.

All residents are welcome.

A 5km and 7km route map is available at Reception

Order your Boerie & Bubbles (R45) or Boerie Roll only (R25) at Reception ext. 3200 by Wednesday, 30 August

For more information contact Myrle on ext. 3053 by Wednesday, 30 August

ACTIVITIES & EVENTS



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.

ACTIVITIES & EVENTS

SOCIAL DINNER

LIME TREE CAFÉ

restaurant & pizzeria



Dear Residents,

With the Tuesday evening Social Dinners at Lime Tree Café becoming so popular and the numbers restricted to only thirty people, the Entertainment and Events Committee has approached Lime Tree Café to put on a weekly Pizza evening each Thursday. Again, due to space restrictions, a maximum of only thirty people can be accommodated at a time, so if you are interested make sure that you book timeously.

TUESDAY NIGHT SOCIAL DINNER

- A 2-course menu will be served every week at R160 per person
- Bookings close on Friday at 12h00 for Tuesday night.

THURSDAY NIGHT PIZZA

- A medium pizza, with two (2) toppings for R90
- Additional toppings at R15 each can be added
- Dessert options can be added at R45
- Bookings close on Monday at 12h00 for Thursday night.

GENERAL INFORMATION

- The menu price does not include beverages, corkage, or gratuities
- A standard gratuity of 12% will be added to all bills
- Corkage will be charged at R30 per bottle
- Menus will be sent out on a Tuesday and booking will close on a Friday at 12h00
- Bookings and menu selections are to be made at Reception
- Bookings will only be taken from Tuesdays after the menu has been shared and only taken with confirmation of menu choices
- A maximum of 30 guests can be accommodated per evening
- Seating requests will be noted but passed on to Restaurant management for consideration
- Transport will not be provided
- All payments are made on the evening at Lime Tree Café
- **IMPORTANT: NO SHOWS WILL BE CHARGED FULL MENU PRICE**

MAKING HEADLINES



PEOPLE FROM OTHER PROVINCES MIGRATING TO WESTERN CAPE

ARTICLE NEWS₂₄

The Western Cape's population grew significantly between 2016 and 2021, according to the provincial government. This emerged when Finance and Economic Opportunities MEC Mireille Wenger tabled the Provincial Economic Review and Outlook (PERO) 2022/23 in the provincial legislature on Tuesday. The document provided data on the impact of international and national developments on the provincial economy, as well as a detailed analysis on trends in the Western Cape. It forms the basis for upcoming budget process discussions. The report showed that net in-migration, the movement of people from one province to another, was an important determinant of population growth in the Western Cape.

The report stated:

Between 2016 and 2021, the Western Cape is estimated to have gained 292 325 citizens. Over the same period, the population of the Western Cape increased by 624 616, meaning that net in-migration contributed 46.8 percent of total population growth.

It also indicated that between 2016 and 2021, Gauteng (986 527) received the largest number of in-migrants, followed by the Western Cape (292 325) and the North West (115 543), while the Eastern Cape (-319 345), Limpopo (-187 356) and KwaZulu-Natal (-83 081) experienced substantial net-out migration.

Wenger told members of the legislature they expected the growth to continue.

"While this makes our unemployment challenge complex, and adds pressures to our service platform, it is also a reason to hope. The diversity of our people, their drive to realise this better future, and their remarkable resilience, is an asset to be leveraged," she said.

Wenger said there was pressure, however, to grow employment at a faster rate than the rate of population growth.

She said:

The Covid-19 pandemic has, in this way, caused major disruption, with all sectors, save for finance and communications, recording job losses over the last few years.

ANC MPL Khalid Sayed said the increase in population was matched with an increase in the provincial equitable share; that is, the amount of money the province gets from the national government.

"This is besides special grants they receive from national government for specific projects or programmes. The DA knows only how to blame. They cannot work with a little money and even worse, still they cannot govern."

"If they could they would admit that the increase in population is matched with an increase of funds from national government and use the money correctly. They cannot therefore resort to blaming population increase for their governance and failures," he said.

The report also highlighted that in 2022, the lowest learner-teacher ratio was in the Cape Winelands (27.95), followed by the Metro Central (28.58) and Metro North (29.86) districts.



DO YOU NEED MORE MAGNESIUM?

RECIPE BY: DICHEM MAGAZINE

"Our bodies need various minerals to function optimally for peak health and physical performance, with magnesium a particularly important mineral due to the numerous important processes it is involved in."

Magnesium is one of the most abundant minerals found in the human body (along with calcium, sodium and potassium). Roughly half (50–60%) of the body's total magnesium is found in bone, with much of the remaining stores found inside cells in our muscles and other soft tissues.

NUMEROUS ROLES IN THE BODY

This essential mineral has many important roles within the body, such as serving as a cofactor in over 300 enzymatic reactions, neuromuscular transmission, and calcium and potassium absorption. Magnesium regulates certain neurotransmitters that calm the nervous system, reducing levels of the stress hormone cortisol in the body, and allows the brain to transition to a restful state, playing a key role in supporting deep and restorative sleep.

With regard to physical performance, magnesium is an important mineral for muscle function throughout the body, including the heart, as well as energy production, and maintaining our electrolyte balance, which plays a critical role in proper hydration. In addition, magnesium helps the heart maintain a healthy rhythm and is involved in the production of cholesterol and blood pressure regulation.

EFFECTS OF A DEFICIENCY

A magnesium deficiency (also known as hypomagnesemia) has been linked to various chronic diseases and muscle soreness, with sufferers also reporting feelings of fatigue, irritability, and mild anxiety. Deficiencies can also impair muscle function, which could result in common conditions like constipation. Interestingly, magnesium deficiencies are not only caused by a lack of the mineral in modern-day processed diets, as absorption problems are another common cause. Other causes include high alcohol intakes, excessive diuretic use, antibiotics and other drugs, excess calcium, the over-consumption of saturated fats, salt, sugar, coffee or tea, as well as insufficient water consumption, a lack of vitamins B6 and D.

GETTING MORE MAGNESIUM

The Recommended Dietary Allowance (RDA) for magnesium, which is the average daily level of intake sufficient to meet the nutrient requirements of nearly all healthy individuals, is 310–320 mg for women, and 400–420 mg for men. You can find magnesium in leafy green vegetables, legumes, nuts (especially cashews and almonds), seeds, dark chocolate, roasted soybeans, bran, certain seafood, dairy, certain fruits (apples, bananas, peaches and apricots) and various whole grains. Well-formulated magnesium supplements can also help to augment a predominantly whole-food diet and make up for any potential shortfalls. These supplements typically include magnesium chelate and magnesium glycinate, and come in various forms including capsules, chews and fizzies to suit different taste, texture and lifestyle preferences.

The best option is to speak to your physician before choosing the right magnesium supplement to meet your specific requirements.

WOMEN'S MONTH



JULIA CHILD: CULINARY ICON & WORLD WAR II SECRET AGENT

ARTICLE BY: CRUSH MAGAZINE

In the world of the culinary arts, few names stand as tall as Julia Child. Renowned for her prowess and undeniable charismatic presence, Julia's career was nothing short of extraordinary. Though *The French Chef* stole the hearts of millions by cooking Boeuf Bourguignon on daytime television, few know that she was also a secret agent during the Second World War...

Unlike the traditional espionage gadgets portrayed on screen, Julia's tools of the trade were unconventional. Instead of using lethal weaponry, she wielded a typewriter and a cryptographic machine. Her wit and charm proved to be one of her many talents, as she decoded encrypted messages with meticulous precision.

WAS JULIA CHILD REALLY A SPY?

Born in 1912, in Pasadena, California, Julia Child was the eldest of three children. Though she thankfully ended up pursuing the culinary arts, Julia was first a history major at Smith College, Massachusetts, in 1930. After graduating, she actually worked as an advertising copywriter in New York City – talk about a woman of many talents!

In search of a more meaningful career, she volunteered for the Office of Strategic Services (OSS), the precursor to the CIA – as in Central Intelligence Agency, not the Culinary Institute of America – during World War II. She embarked on a covert journey as a top-secret researcher, assigned to analyse and decrypt sensitive documents for the Allies.

Julia was involved in the preparation and distribution of secret intelligence reports. Her ability to fluently speak French and German facilitated the translation of sensitive documents...

In 1942, Julia enlisted in the Women's Army Corps (WAC), the women's branch of the U.S. Army. Her initial assignment was in Washington, D.C., where she worked as a typist for the OSS. However, her linguistic talents and passion for adventure soon caught the attention of her superiors, leading her to more challenging assignments within the intelligence agency.

A WOMAN OF MANY TALENTS

With a knack for solving puzzles, Julia was soon transferred to the OSS's research and development division. Her primary role involved deciphering encrypted communications and gathering intelligence from intercepted messages. Julia worked with a cryptographic machine called the 'ECM Mark II', a predecessor to modern encryption technologies.

One of the most intriguing aspects of Julia Child's work as a spy was her use of her culinary passion as a cover. While stationed in Ceylon (now Sri Lanka) and Kunming, China, she posed as a typist for the OSS, ostensibly working on routine administrative tasks. Her culinary skills and friendly demeanour allowed her to move discreetly among diplomats and high-ranking officials, all the while secretly gathering information.



Julia was involved in the preparation and distribution of secret intelligence reports. Her ability to fluently speak French and German facilitated the translation of sensitive documents, ensuring that critical information reached the right hands. While exact details of the specific intelligence she uncovered remains classified, it is known that she played a significant role in decrypting and analysing vital communications. Her efforts contributed to the Allied understanding of enemy strategies and intentions, aiding in critical decision-making during the war.

After the war, Julia remained in the U.S. Foreign Service, working for the U.S. Information Agency (USIS). It was during her assignment in France, while accompanying her husband Paul, that she fell in love with French cuisine and attended Le Cordon Bleu cooking school in Paris. This pivotal experience ignited her passion for cooking and led to the creation of her groundbreaking co-authored cookbook, *Mastering the Art of French Cooking*, which propelled her to culinary stardom.



FROM STEALING INTEL TO CLAIMING HEARTS

When Julia Child's cooking show, *The French Chef*, premiered on television in 1963, it became an instant hit. Her warm and approachable demeanour, combined with her expertise in French cuisine, charmed many across the nation. Through her televised demos, she brought the elegance and sophistication of French cooking into American homes, inspiring countless individuals to cook the likes of *Coq Au Vin*.

Though she was American, Julia Child's deep understanding and mastery of French cooking earned her the endearing title of 'The French Chef'. Her culinary journey exemplified how passion and dedication to a particular cuisine can transcend borders and cultures.

Julia Child's involvement with the OSS during World War II is a fascinating chapter in her life, that remained a well-kept secret until declassified documents shed light on her covert activities. While she may not have been an action-packed, James Bond-style spy, her contributions as an undercover agent were nonetheless vital to the Allied effort.

Though she sadly passed away in 2004, due to kidney failure, the culinary star still lives in the hearts and homes of many through her cookbooks, archived columns and biographies. She undoubtedly left an indelible mark on foodies old and young – her kitchen is even on display at the Smithsonian's National Museum of American History. Famous actress Meryl Streep portrayed her in the biopic, *Julia Child*, and the more recently adapted comedy-drama television series, *Julia* (2022) based on her life, sparked the renaissance of her unforgettable legacy.





David Kirk – 1987

EVERYTHING YOU NEED TO KNOW ABOUT ALL THE PAST RUGBY WORLD CUPS

RECIPE BY: RUGBYWORLD.COM

When did the tournament start? How many have there been? How different was the game in the past compared to now? There are a lot of questions around our Rugby World Cup history.

So below, we've got a potted Rugby World Cup history. Consider it fast facts. Read on...

HOW THE RUGBY WORLD CUP STARTED

As with all things in Test rugby, it began with canvassing the unions. For years, the Aussies had been trying to get the idea of a World Cup off the ground, but it wasn't until they joined forces with New Zealand for a joint proposal in 1985, that they pushed through the International Rugby Football Board (laterally the IRB and today World Rugby) to land the event.

It is believed the biggest swell of support came from the southern unions and France, with England and Wales in the north reportedly won over. In the end, the vote scraped past at 10-6 with Australia and New Zealand named co-host the inaugural tournament in 1987.

THE FIRST EVER RUGBY WORLD CUP

That first tournament in 1987 was held across 11 venues in Australia and New Zealand, with the final held at Eden Park, Auckland. There were 16 teams taking part. This included the seven member unions of the then IRFB – Australia, England, France, Ireland, New Zealand, Scotland and Wales (South Africa were isolated and boycotted due to the apartheid regime). Plus the invited nations: Argentina, Canada, Italy, Fiji, Japan, Romania, Tonga, USA and Zimbabwe.

New Zealand became the first-ever winners of the Webb Ellis Cup, beating France 29-9 in the final. Kiwi Grant Fox was the tournament's top scorer with 126 points (rugby's scoring system was different in 1987), while compatriots Craig Green and John Kirwan were joint-top try-scorers, with six apiece.

MULTIPLE HOSTS FOR 1991 WORLD CUP

Four years later, the next world cup was hosted jointly by England, Ireland, Scotland, Wales, and France. And gone was the invitation system. After qualification, the host nations were joined by: Argentina, Australia, Canada, Italy, Fiji, Japan, New Zealand, Romania, USA, Western Samoa and Zimbabwe. After matches played across 19 venues, Australia defeated England 12-6 at Twickenham. Irish fly-half Ralph Keys was top point-scorer, with 68, while the mercurial David Campese of Australia was joint-top try-scorer alongside France's Jean-Baptiste Lafond, with six.

SPRINGBOKS BECOME PART OF RUGBY WORLD CUP HISTORY

A tournament of firsts. First time there was a single host nation. First time South Africa were involved. Zimbabwe and the US didn't qualify this time, so amongst the 16 sides was Ivory Coast for a first time, while Tonga made a return. And South Africa won the whole thing, defeating New Zealand 15-12 in the final.



Nelson Mandela with Francois Pienaar

It was a tournament for icons too – so while France’s Thierry Lacroix was top points-scorer, and NZ’s Marc Ellis was one of two top try-scorers, there are other men who stand out in history. The first is the great Jonah Lomu, who exploded onto the scene and was the other top try-scorer. And the second was, of course, Nelson Mandela. The image of him handing the trophy to Springboks captain Francois Pienaar will never be forgotten.

AN AUSSIE DOUBLE

In 1999, Wales were the official host nation (although matches were also held in England, Ireland, France and Scotland). This was also the first tournament we had 20 participants, with Namibia, Spain, and Uruguay competing for the first time. In the final, in Cardiff, the Wallabies defeated France 35-12. The Australians made Rugby World Cup history, becoming the first side to lift the title twice. Pumas ten Gonzalo Quesada was top points-scorer – just, pipping Matt Burke by a point. And guess who top try-scorer was... Lomu, with eight.

ENGLAND WIN RUGBY WORLD CUP 2003

The final went down to the wire. With hosts Australia taking on England in Sydney, it came down to a shoot-out between Elton Flatley and Jonny Wilkinson. And we all know what happened...

After England won their first-ever Rugby World Cup 20-17, in extra time, the image of Wilkinson’s winning drop-goal went global. He shot off to another level of fame.

Unsurprisingly, Wilkinson was top points-scorer, with 113. Doug Howlett and Mils Muliana, both NZ, were joint for most tries, with seven each.

By the way, this tournament was the first time we saw Georgia in a Rugby World Cup. Good on ’em...



Johnny Wilkinson kicks England to victory

Unsurprisingly, Wilkinson was top points-scorer, with 113. Doug Howlett and Mils Muliana, both NZ, were joint for most tries, with seven each.

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FRANCE HOST WORLD CUP FOR FIRST TIME

Firstly, let’s address the yin and yang of the 2007 Rugby World Cup – hosts France were embarrassed in their big opening night, when Argentina stunned les Bleus, 17-12. And los Pumas became the darlings of the tournament, eventually finishing third (beating, you guessed it, France again in that bronze match). Portugal made their World Cup bow, too.

Last World Cup’s winners England also got off to a stinking start, humbled in their second match 36-0 by the Boks. But they regrouped and would see the same South African side in the final in Paris. There were no tries in the final – though the ‘Oh no, was he in touch?!’ moment with England wing Mark Cueto gripped us all – and it was settled 15-6, with Percy Montgomery and Frans Steyn doing the business for the Boks. Their second world title.

Montgomery top scored in the tournament, 105, while Bryan Habana got the most tries, with eight.

NEW ZEALAND HOST AGAIN

Having gone through what felt like a perpetual cycle of being the best team on the planet between World Cups but not making the cut in the big tournaments, the All Blacks got the monkey off their back in 2011, on home soil.

They beat France 8-7 in a nervy final, though, and it all fell down to an unlikely hero. Fly-half Stephen Donald wasn't in the initial World Cup squad, but after a string of unfortunate injuries saw Donald called into the squad for the semi-finals – famously, coming in from a fishing trip – it was written in the stars. He was unused in the semis, but an injury to Aaron Cruden saw him come on in the final, and he landed one telling kick...

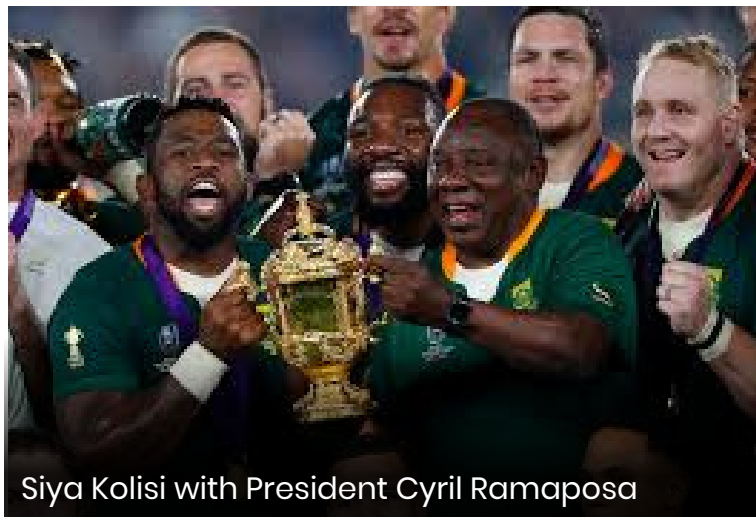
The stuff of legends. Morne Steyn scored the most points, with 62, while Christ Ashton and Vincent Clerc had six tries each. But Donald's were the most important.

...AND THEN WIN A THIRD WORLD CUP

New Zealand made Rugby World Cup history, becoming the first side to lift the trophy three times. At England 2015, they saw off Australia 34-17, with the great Dan Carter man of the match.

The tournament will also be remembered for England crashing out of their own tournament in the group stages. Oh, and Japan beating the Springboks in the 'Miracle of Brighton' – surely the greatest upset the tournament has ever seen.

Nicolas Sanchez of Argentina top scored with 97 points, while Julian Savea of the All Blacks nabbed the most tries, with eight.



Siya Kolisi with President Cyril Ramaposa

SPRINGBOKS WIN THEIR THIRD TITLE

In 2019, the Rugby World Cup was held in Asia for the first time, with Japan the host nation.

And they got out of the group stages for the first time in their history, after defeating Ireland and Scotland (the latter would not progress from the group).

Japan would come a cropper against the Springboks in the semi-finals, and from there the Boks would carry on winning. Fuelled by their loss to New Zealand in the groups, they built and built until they met England in the final, blitzing them in a way not seen for the rest of the tournament. They triumphed 32-12, with the tournament blessed with another iconic image, as Siya Kolisi hoisted the trophy.



Cheslin Kolbe



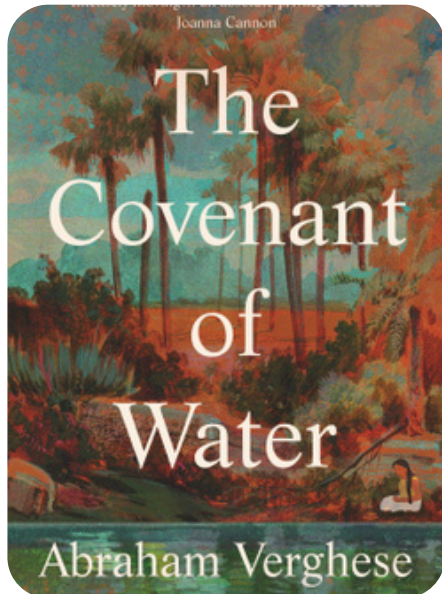
Frans Steyn with Rassie Erasmus

BOOK CLUB



LEGENDS, BY MATTHEW BLACKMAN & NICK DALL

Believe it or not, we have a lot to be positive about in South Africa. With corrupt politicians and institutional failures collapsing the country, it's easy to get all depro. More so when you consider our ugly past: colonialism, slavery and apartheid. But hold those thoughts, because Legends might just inject you with the all-natural and organic anti-depressant you need. The book sheds light on the lives of a dozen remarkable people who changed South Africa for the better. Mandela, Biko and Gandhi (who spent almost twenty years here) might need no introduction. But it's still worth being reminded of the extraordinary – and downright ingenious – measures they took to achieve freedom for all. Other incredible lives have been largely forgotten. There's King Moshoeshoe, founder of the Basotho nation, whose humanity as well as his military and diplomatic strategies make him almost entirely unique. John Fairbairn, meanwhile, fought to end slavery and to introduce non-racial democracy – both of which were achieved by 1854! Of course, none of these people were saints. They had their weaknesses, their addictions, their skeletons. But they changed South Africa for the better, and this book celebrates them for it.



THE COVENANT OF WATER, BY ABRAHAM VERGHESE

Spanning the years 1900 to 1977, The Covenant of Water follows a family in southern India that suffers a peculiar affliction: in every generation, at least one person dies by drowning – and in Kerala, water is everywhere. At the turn of the century a twelve-year-old girl, grieving the death of her father, is sent by boat to her wedding, where she will meet her forty-year-old husband for the first time. From this poignant beginning, the young girl and future matriarch – known as Big Ammachi – will witness unthinkable changes at home and at large over the span of her extraordinary life, full of the joys and trials of love and the struggles of hardship. A shimmering evocation of a lost India and of the passage of time itself, The Covenant of Water is a hymn to progress in medicine and to human understanding, and a humbling testament to the hardships undergone by past generations for the sake of those alive today. Imbued with humour, deep emotion and the essence of life, it is one of the most masterful literary novels published in recent years.



WINGING IT, BY JOANNE JOWELL

Jonathan Kaplan, celebrated international rugby referee and former world record-holder for most Test caps, had his fair share of challenging moments on the field. He was known for his commitment to fair play, ability to defuse tense situations, and courage in making difficult, and sometimes controversial, decisions. All this would stand JK in good stead and come back into play when, at the age of 47, he made two life-changing decisions. The first was to blow his whistle for the last time and end his career as a professional rugby ref. The second was to become a parent – and a solo parent at that. This is the story of JK's decision to have a baby by surrogate, the two-year fertility process that followed, and the subsequent birth of his son Kaleb. Winging It draws on the insights of key role-players in JK's journey, including the extraordinary experience of the surrogate mother herself. Exchanging rucks for reflux, mauls for milk bottles, scrums for storks (and other stories about Kaleb's conception), this account of how JK navigates the choppy waters of parenthood is disarmingly frank and scrupulously honest. At times poignant and tender, and at others downright funny, this is a thoroughly contemporary take on what constitutes a family and how we dare to build one.