

NEWSLETTER

WHAT'S HAPPENING

"Life's not easy...don't try and make it that way. It's not fair, it never was, it isn't now, it won't ever be. Do not fall into the entitlement trap of feeling you are a victim, you are not. Get over it and get on with it. And yes, most things are more rewarding when you break a sweat to get em."

MATTHEW MCCONAUGHEY

Dear Residents,

I hope you've all had a good week despite the confusing weather. We started the week with two days of summer and began the weekend right back in winter. Let's see what the new week holds; perhaps don't pack away those winter woolies just yet!

Spring Day dawned on Friday regardless and an enthusiastic group of residents joined us for a jaunty 7km Spring Walk, followed by "Boeries & Bubbles", once again showing that "gees" is all about the company you keep and not about what resources you have at your disposal.

As some of you might have picked up, I have a slight Rugby obsession, and talking to other rugby fans over the past few weeks, as we build up to the 2023 Rugby World Cup in France, has only increased my levels of excitement. Thank you to everyone who signed up for our RWC Predictors Game. We can still accommodate a few more players so if you have not yet signed up, please send me your entry forms as soon as possible.

For those interested, the RWC kicks off on Friday, 8 September with the build-up from 19h00, the opening ceremony from 20h00, and the opening match between hosts France and New Zealand at 21h00. South Africa will be playing their first match on Sunday, 10 September against Scotland also at 21h00. See round one match details on page 10.

Rugby mania aside, in this week's "What's Happening" read more about The Fynbos Life Fair taking place this weekend in Muizenberg. In "What's Cooking", learn how to enhance your braai, which is important seeing as we celebrate Heritage Day on the 24th - plus we know that the only pairing South Africans know better than Brandy & Coke is Rugby and Braai!

In "Health Matters" we look at what sugar really does to your body and why we need to be careful about how much we consume.

I think we have covered everything Rugby-related but feel free to read more on our "Sports Desk" page.

We end off on a more subtle and classical note with the fourth installment of the Great Composers series in "Classical Corner". Don't forget that also on this page you can access the links to listen to great pieces from Franz Joseph Haydn.

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

4 SEPTEMBER

CHRISTINA WALTERS - House 64

5 SEPTEMBER

IAN STEWART - House 69

7 SEPTEMBER

KAREN VISSER - House 44

8 SEPTEMBER

LYNNE PERRY - House 65



ACTIVITIES & EVENTS

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

MON 4 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 5 SEPT		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 6 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS		
THUR 7 SEPT		14h00 ART CLASSES	18h00 HOUSE 24 SWIGS WINE TASTING
FRI 8 SEPT			18h45 HOUSE 24 QUIZ NIGHT
SAT 9 SEPT		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	RWC FRANCE 19h00 – BUILD UP 20H00 – OPENING CEREMONY 21H00 – FRA VS NZ
SUN 10 SEPT		CLUBHOUSE LAWN BOULE	

ACTIVITIES & EVENTS

QUIZ NIGHT

Test Your General
Knowledge at this Months
Quiz Night

WHEN? Friday, 8 September at 18h45

WHERE? House 24

BOOK: At Reception or on ext. 2300

PLEASE NOTE:

There will be no catering due to venue constraints but you are welcome to bring your own snacks and drinks.

OUT & ABOUT



FYNBOS LIFE FAIR SET TO BE A BLOOMING GOOD TIME THIS WEEKEND

ARTICLE BY: CAPETOWN{ETC}.COM

The FynbosLIFE Fair is back, and the Zandvlei Lookout in Muizenberg will be a happy hunting ground for all botany enthusiasts on Sunday.

Fynbos festivities will be the order of the day and a great cure for any 'eco-anxiety'.

Following the very successful inaugural event last year, visitors to the one-day fair can expect to experience a well-curated cross-pollination of over sixty stands, from fynbos- and nature conservation-related groups to truly fantastic fynbos artisans.

'Cape Town is considered both the biodiversity and extinction capital of the world, within a buzzing Cape Floristic Region (CFR) biodiversity hotspot,' explains Dr Caitlin von Witt, botanical ecologist and director of FynbosLIFE.

'Found only in the CFR, the Fynbos Biome is globally renowned for its exceptional plant species richness and endemism. We want to showcase this and all things fynbos at the second FynbosLIFE Fair.' Von Witt added that the untoward weather the world is experiencing can no longer be ignored and highlighted the need to reassess what is best ecologically suited, what future gardens look like, and whether indigenous fynbos makes sense.

'FynbosLIFE Fair, run on a volunteer basis, with a well curated selection of fynbos and nature conservation organisations and fabulous fynbos artisans, aims to give fynbos its place in the sun by showcasing its beauty, conservation value, versatility and diversity of fynbos products,' says von Witt. Dr von Witt will speak about FynbosLIFE, fynbos propagation and restoration, and her team members will give insight on FynbosLIFE projects KURUfynbos, BoSSIES, FUNDAfynbos and the retail Cape Flats Fynbos Nursery.

Stellenbosch University's Prof. Nox Makunga will speak about her research and work on fynbos in medicine, Tracey Bodington of 'Mini Mo Shows' will enchant both kids and adults with fynbos snakes, UCT's Prof. Muthama Muasya will talk on fynbos graminoids, Sea Change Project Leader Dr Jannes Landschoff will talk about their 1001 Seaforest Species project, UCT Future Water Institute's Prof. Kirsty Carden will talk on urban wetlands and water resilient cities, and Andy Jamieson will share his experience on creating natural pools.

Visitors can expect a fanfare of fynbos-inspired artwork, ceramics, fabrics and homeware; fynbos-distilled or -infused gin and rum, food featuring fynbos and much, much more' say FynbosLIFE Fair organisers Louise Baldwin and Genie Marais. Kids can explore the FUNbos play area for a range of fun environmentally themed activities with the Butterfly Art Project, NatureConnect, Sharkspotters and many more.

Environmental groups and hacking gurus will ease your eco-anxiety and inspire you to take action and join in with the work that they are doing. Local musicians, and vinyl DJ extraordinaire from The Commons, Muizenberg, will provide vibey tunes for the day! The event takes place from 10am to 4pm at Zandvlei Lookout.

WHAT'S COOKING



5 TIPS ON HOW TO LEVEL UP YOUR BRAAI AREA THIS HERITAGE DAY

RECIPE BY: IOL.CO.ZA

With Heritage Day around the corner, we getting excited for one of our favourite South African traditions, dubbed “Braai Day”.

It’s a festive occasion, where we call on our loved ones and invite them to share our wonderful South African heritage, by having a braai in the sun (we hope).

That said if you are planning to get in touch with your inner South African, brave the weather and braai on Heritage Day.

Jazeign Kesari, national procurement manager at Teljoy shares five secrets to an epic braai area that you can also master.

The first secret to creating an epic braai area is to see it as an extension of your kitchen – the alfresco part of your kitchen – or as part of your entertainment zone.

The trouble with braai areas is that they are traditionally structured in a way that is not geared towards allowing guests to congregate comfortably and sociably around the braai. The braai is often dusted off and dragged onto a patio or into the garden, with no thought as to seating and side tables, or creating a space that is inviting for guests. So they hang out in the kitchen or living room, leaving the Braai Master – who is often the host – standing alone.

A simple way to change this is to create a space that is comfortable and inviting. An outdoor lounge suite with a small coffee table and two side tables gives your guests somewhere comfortable to sit, with the tables giving them a place to put their drinks – and for you to put out tasty snacks. Have comfortable and durable cushions, but store them indoors and only bring them out when you have guests – this will keep them from weathering in the sun, and will protect them from inclement weather when you’re not using them.



BRING THE TECH, AND THEY WILL COME

Braais are often centred around a big rugby or soccer match, which evolves into a social party afterwards – but these games usually take place late in the afternoon or early evening.

To enable you to braai and enjoy the game with your mates at the same time, set up a big-screen TV and good sound system in your braai zone, with a bar fridge, glasses, your mixers, and an ice machine so your guests will have everything they need to enjoy those winning tries and goals while enjoying the ambience of the braai.

BE PREPARED FOR LOAD-SHEDDING

One of the worst things that could happen in the middle of a tense rugby game is for load shedding to kick in. Imagine the Bokke are about to kick a conversion against Argentina in the Rugby Championship on Heritage Day and the power goes out!

Be prepared. Rent a backup power system and have it fully charged so you have the peace of mind that you won't miss a try – and you'll be able to celebrate with delicious braai meat afterwards.

INVITING LIGHTING

Braais really come to life once the sun goes down – whether it's stoking the fire to braai marshmallows or just chilling around the fire chatting and reminiscing. This is where lighting plays a big role in practicality and ambience.

You'll need good lighting for areas in which you are doing food prep and some ambient lighting around the area where your guests are sitting, will facilitate a great mood as the evening progresses.

Colour-changing LED lighting is loads of fun and allows you to change the "mood" according to the vibe of the event and even your music playlists. There are many options available that are battery or solar-powered, so your evening will still be delightful even if the power goes down.

THE RIGHT BRAAI

It's not a secret that having the right braai for the style of food you're cooking, the space in which you're cooking (is it outside in a garden, or on an apartment balcony), and the number of people you're catering for, is important.

Trying to cook for 12 people on a tiny portable camping braai, for example, will be very challenging when it comes to the volume of food you need to prepare so that everyone can eat at the same time, and keeping the coals hot enough so that you can get through all the cooking.

So make sure that the braai you have is the right size for the number of people you'll be cooking for. You also want to be sensitive to a coal or a wood burning braai if you live in an apartment or complex where smoke can disturb your neighbours.

HEALTH MATTERS



THE SWEET TRUTH WHAT SUGAR DOES TO YOUR BODY

ARTICLE BY: DISCHEM

Sugar is generally vilified in discussions around diet and health. Still, it is essential to understand the different forms we consume and what happens to our bodies when we eat this substance. When people talk about sugar, they generally refer to the table sugar we put in our tea or coffee. But we constantly consume some form of sugar, regardless of the diet we eat, and we all need sugar for our bodies to function properly.

IT ENDS AS GLUCOSE

At the end of the digestion process, a sugar molecule is the same, no matter where it came from, whether it's a fruit, vegetable, table sugar or added sugar in foods and drinks. Our body breaks down all sugars into glucose, which is then stored in the liver or muscle cells in the form of glycogen. When these stores are full, our bodies store any excess glucose in fat cells.

SIMPLE VS COMPLEX SUGARS

Sugars are either categorised as simple or complex in their structure but all are made from basic units called monosaccharides. Simple sugars consist of single molecules (monosaccharides).

Disaccharides consist of two monosaccharides while complex sugars (polysaccharides) contain multiple molecules that are bonded together in long chains. Glucose is the most abundant monosaccharide but galactose and fructose are also simple sugars. Sucrose – the main constituent in table sugar – is a disaccharide made from glucose and fructose. Complex carbohydrates are long-chain combinations of glucose molecules but typically contain additional nutrients, fibre, starch and/or cellulose. Despite their different structures, the body ultimately digests and metabolises all carbohydrates and sugars into glucose.

THE HEALTH RISKS

The major difference is that refined sugar provides empty calories with no additional nutritional value for the body. This means that we can eat and drink a lot of sugar without feeling full as our hunger response does not 'turn off'. As such, it is generally overconsumption of sugars, particularly refined added sugars, that poses the most prolific risk to our health and weight.

The other issue is the difference in how our body breaks down and absorbs simple and processed sugars, with differences in how we process glucose and fructose. While our bodies use glucose as an energy source, fructose is metabolized by the liver, which promotes fat synthesis. As such, excessive fructose intake is linked with weight gain and obesity. This is why understanding how the body processes and metabolizes the different sugars is another important consideration.

THE BODY'S RESPONSE TO SUGAR

When any form of sugar hits your mouth, the body releases various digestive enzymes in your saliva to start the digestion process. While this is an important step for breaking down complex carbohydrates, we cannot digest simple sugars any further. These simple sugars also produce acid as bacteria feed on the sugar in your mouth. If you eat simple sugar regularly and in large quantities, these harmful bacteria produce more acid than your saliva can control. As these bacteria produce more and more acid, they can start to eat away at the protective enamel layer on your teeth. Over time, this acid weakens and destroys the enamel and may form a cavity.

SPORTS DESK

CLICK ON LINKS TO READ MORE ABOUT EACH HOST CITY



LILLE



NICE



LYON



BORDEAUX

RUGBY WORLD CUP FRANCE 2023 HOST CITIES



PARIS



MARSEILLE



SAINT-DENIS



SAINT-ETIENNE



NANTES



TOULOUSE











RWC ROUND 1 MATCHES







FRIDAY, 8 SEPTEMBER

	FRANCE	21H15	NEW ZEALAND	
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SATURDAY, 9 SEPTEMBER

	ITALY	13H00	NAMIBIA	
	IRELAND	15H30	ROMANIA	
	AUSTRALIA	18H00	GEORGIA	
	ENGLAND	21H00	ARGENTINA	

SUNDAY, 10 SEPTEMBER

	JAPAN	13H00	CHILE	
	SOUTH AFRICA	17H45	SCOTLAND	
	WALES	21H00	FIJI	



GUTSY SPRINGBOKS SELECTION PRODUCED SPORTS' MOST TALKED ABOUT 7-1 SINCE GERMANY THRASHED BRAZIL

ARTICLE BY: THE DAILY MAVERICK

The Springboks' decision to field seven forwards on the bench against the All Blacks has led to some reasonable and unreasonable debate about substitutes in rugby.

The Springboks' clash against the All Blacks at Twickenham last week led to the second most famous, or infamous, depending on your perspective, 7-1 in the history of sport.

Germany's walloping of hosts Brazil in Belo Horizonte at the semi-final stage of the 2014 Fifa World Cup, remains the most talked about 7-1 in sports history.

But over the past week, the reaction to Bok coach Jacques Nienaber's decision to field seven forwards and only one back on the bench against New Zealand has veered from hysterical to ridiculous.

The Boks won the match 35-7 against a 14-man All Blacks. But that wasn't the most important take away for some rugby pundits.

An extra man in the famed 'bomb squad' appears to have tilted the rugby world on its axis...at least that is what some would have us believe.

'ABUSING THE BENCH'

You'd swear the Boks were somehow waging war on the sport of rugby when all they did was replace the injured Willie le Roux, who had bruised ribs, with Kwagga Smith.

Smith is officially a flank. But let's not forget that he was a sevens star with the Blitzboks, winning a Commonwealth Games gold medal, an Olympic bronze and two World Sevens Series titles. He's actually a forward in a back's body.

At 94kg Smith is lighter than centres Andre Esterhuizen, Jesse Kriel, Damian de Allende and flyhalf Handre Pollard, so quite how this tactic will be the ruin of a game with much bigger problems, is unclear.

Matt Williams, a former Scotland coach, was incensed by a coaching decision well within the laws, that came with more inherent risk for the Boks than it did for the All Blacks.

"South Africa are just abusing the bench at the moment," Williams said on the Off The Ball podcast. He said the bench was designed for "safety reasons, so that people didn't come on in positions they weren't trained for, so we didn't have injuries".

"World Rugby must act on this; the way you deal with this is, say, you have to have three backs on the bench."

NO BREACH OF THE LAW

Just what safety reason was breached is also unclear. Only props and hookers, in other words front rowers, must have like-for-like replacements according to regulations. Those are technical scrumming positions where great force is applied to the necks and shoulders of the players in the front row. They have trained for years, with specific methods to mitigate as much as possible against catastrophic neck and back injuries. But the danger for rest is similar across the field. While different positions have specific tasks and roles, the Boks could choose to play Cheslin Kolbe at scrumhalf if they wish. There is no law demanding that a recognised halfback plays scrumhalf. Franco Mostert is a lock who can play flank. Must he only be considered as a lock on the bench? Damian Willemse can play in multiple positions across the backline. Must he only be allowed to play in one? How many times has a centre been deployed as a flank when a team has lost a loose forward to a yellow or red card? It's ludicrous to even make a meal about this.

NIENABER EXPLAINED IT AFTERWARDS

"With the way games have been playing out, there are times when your forwards have to play in the backline, and this offered us the same option," Nienaber said. "It gave us a taste of how to manage things if we perhaps get an injury in a match. Obviously, the least risk would be selecting a five-three split, and a six-two split holds a little more risk, and then a seven-one split is the most-high risk."

Jake White, a traditional rugby man if there was one, saw no issue with it. In fact, he took the line that most sensible people did, which was that it was a risk for the Boks. "As a coach, 7-1 is a helluva risk," White said during a panel discussion at News24's On the Record summit at the Kyalami Convention Centre. "If you lose a guy in the first minute to anything, that's it. You have no more backs. Imagine a play-off, where you might have to play extra time. The reality is it might come back to bite you. "That, for me, was the significant thing. Everyone here was marvelling but didn't appreciate what a risk it is. Also, the All Blacks lost two props, played with a red card for 35 minutes and had injuries to a few key players. In that situation, you probably should be expected to win by that much, which the Boks did."

FEWER SUBSTITUTES?

Williams' raised the point that benches should be regulated as a 5/3 split between forwards and backs, which is going to be impossible to police. And unnecessary. Player safety is the only issue relevant to reserves, which is why the front row is specifically covered in the regulations. It does perhaps raise a debate about the amount of substitutes that rugby allows. That's an entirely different argument and perhaps one worth having.

Respected sports scientist Professor Ross Tucker took to social media this week to outline some of the data he has access to, relating to replacements in rugby. "I don't think the difference between 50 vs 80 min is enough to radically transform the athlete, the tasks are still too similar," Tucker wrote on X (formerly Twitter). "But more to the point, what the proponents for fewer subs are omitting, is the recognition that fatigue is itself a risk factor for injury. And so, subs, while introducing a set of risk factors (power, mass) are also mitigating a risk factor (fatigue). "There is likely a trade-off between these, and nobody yet knows how they interact. We do know that fatigue is a major risk, and in fact, we've just submitted a paper for review that shows that adding subs doesn't increase risk, but may decrease it.

"Analysis that is currently underway shows that when we look specifically at the tackle and ask how the addition of a sub (fresher player) to the tackle 'relationship' actually lowers the overall risk. "Two subs makes it lower still, compared to two starters (or fatigued players). So, risk comes down with subs, it doesn't go up.

"But even within this, there is nuance. If you think of a tackle as a 'dance' involving two players, overall risk is slightly lower, or unaffected, when one is a sub and one is a starter, but within that dance, the more fatigued player has more risk than the fresher player.

"It is true that the arrival of fresh players at say, minute 50, increases risk to players who've been on since minute zero. But overall risk is still lower (or the same, depending on some details). So, is it true to say: 'subs increase injury risk'? No, overall, they reduce it."

CLASSICAL CORNER



THE GREAT COMPOSERS – SERIES FRANZ JOSEPH HAYDN

ARTICLE BY: PETER LEVER

Introduction

This composer genuinely can be seated right in the heart of the Classical Period both through his long life of 77 years and the style of composition associated with his works, which were very numerous. He wrote 106 symphonies (104 published and 2 others unpublished), 83 string quartets and various concerti for a wide range of instruments. It is not surprising, therefore, that he became affectionately known as “Papa” Haydn, the Father of the Symphony and also the Father of the String Quartet. He was a colleague and admirer of Mozart and Beethoven both of whom dedicated some of their best works to him out of mutual respect and admiration.

His creativity in developing the styles of his works was only matched by a mischievous character which will be described in the body of this article. There is no doubt that, after the typical composer’s story of a difficult financial start to his career, he was extremely fortunate eventually to have become favoured and employed (for life) by the noble Esterházy family of Austria which gave him the security and confidence to develop his creative talent.

Franz Joseph HAYDN (1732 – 1809)

Born in Rohrau, Austria to a working class family (his mother was a cook and father a wheelwright) he started showing musical talent very early in life and, at the age of 6, joined his cousin who was a choirmaster at Hainburg. He sang in the choir and learnt to play several instruments with such ability that, 2 years later, he was moved to the choir of the prestigious Saint Stephen’s Cathedral in Vienna where he further developed his musical talents including composition. He started to give music, keyboard and singing lessons to local nobility and soon progressed by reputation up to the level of importance of Prinz Nicolas Esterházy. He may not have realised initially but this appointment was to his great fortune as he stayed employed by the Esterházy family for the rest of his life. By living much of the time in Vienna as well as Prague, he became a friend and mentor of Mozart and a tutor of Beethoven.

His compositions were clearly very numerous and wide ranging but, more importantly, displayed a constant development of styles and creativity – the true sign of a great composer. It is quite staggering to acknowledge the achievement of composing 104 published symphonies and also trace the changes in techniques, sounds and styles over time. Do not be fooled into thinking that his early symphonic works were trite – one of the links I attach to this article is a performance of his Symphony N°6 (le Matin) which was the first of a set of 3 entitled Morning, Midday and Evening. With a group of over 20 of my amateur musical friends, we had a coaching session and performance of this work in 2007 with the late Alan Stephenson; the difficult violin obligato part was played by local professional Hermina de Groote.

Towards the end of his life he visited London twice and was impressed by the interest displayed in music – so he wrote a number of symphonies whilst there, which were very popular with the audiences. He sometimes displayed the mischievous side of his character through his compositions. Two examples are in Symphony N°45 (known as “The Farewell”) and N°94 (The Surprise). The former was a tongue in cheek hint to his employer, Count Esterházy, that the musicians were being overworked and kept late at night so, in the last movement of the work, he composed the parts in such a way that slowly sections of the orchestra packed up their music stands and walked off the stage; right at the end there were just the 2 principal violins left playing. It is rumoured that the hint was taken with good humour by the Count. In “The Surprise” Symphony, right at the very end of the beautiful and quietly played adagio (slow) movement, there is a very loud chord unexpectedly played featuring the Timpani – “just to be sure that the audience had not fallen asleep”!

FJH’s development of the String Quartet is also outstanding displaying a growth in style and complexity. After his early period, where basically the 1st violin dominated and the other 3 parts simply accompanied it, he gradually wrote a more balanced style and the 2nd violin, viola and violoncello started to have more satisfying roles. The middle and later period works are truly great and both challenging to play and providing wonderful themes and harmonies. With my regular quartet playing friends we ALWAYS commence our sessions with a quartet by Haydn. A regular mischievous trick he uses in several of his quartets is to have several bars near the end of a work written as Tacet (silent) so that the audience never really know when to clap.

FJH’s visits to London included hearing Handel’s “Messiah” for the first time, which stimulated him to compose his own major religious choral work: “The Creation”. Whilst perhaps not as well known as “Messiah” it certainly is a great choral work in its own right, with the anthem “The Heavens are telling the Glory of God” being probably its most famous individual chorus.

It is interesting that FJH composed 2 concerti for the violoncello because it is quite surprising that neither Mozart nor Beethoven ever did. I am attaching a link for your interest of the first ‘cello concerto played by the famous ‘cellist and humanist, Mstislav Rostropovich. I am sure you will be attracted both to the music and the technical skills required in playing it.

Both FJH and Mozart dedicated some of their string quartets to the King of Prussia which feature some technically difficult parts for the ‘cello – the King himself was reputed to have been an accomplished ‘cellist.

Amongst the grouping of works for multi-instruments (which is often the sign of a confident composer) are concertos for harp and flute and another for violin, ‘cello, oboe and bassoon. The invention of the keyed trumpet, which gave so much more flexibility to the use of the instrument, was celebrated by FJH with his composition of a Trumpet Concerto; a link to a wonderful performance of this is given below for your enjoyment including, no doubt, admiration for the performer! Whilst not overly well-known, FJH also wrote at least 9 keyboard concerti (now usually played on the piano).

Such is the volume of work composed by FJH that eventually a Dutchman, Anthony van Hoboken, set himself the task of trying to catalogue FJH’s works. It became a major exercise and was fraught with evidence of works composed but the manuscripts later lost or other works attributed, but possibly written by others. Works that have been definitively written by FJH are listed in the catalogue using the abbreviation “Hob” and a number added. Hoboken was born in 1887 and died in 1983 aged 96 – the catalogue was his life’s work.

Click [here](#) to listen to Haydn’s Symphony N°6 “le Matin”



Click [here](#) to listen to Haydn ‘cello concerto N°1

Click [here](#) to listen to Haydn Trumpet Concerto played by Alison Balsom

