

NEWSLETTER

WHAT'S HAPPENING

"I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself, and sometimes good things fall apart so better things can fall together."

MARILYN MONROE

Dear Residents,

I hope you've all had a good week. I would like to kick off this week's newsletter with some good news.

In the Green and Gold spirit of 'Better Together,' Evergreen has kindly provided each village with a little extra spending money to ensure we all get together and support the Bokke. We might not be able to travel to France to go and watch the games live and yes, some games might be later than what we're used to when playing locally, but it is the World Cup. We only get to do this every 4 years so a couple of late nights will be worth it. Please read more on page 4 and book as soon as possible.

I have also included a short update on the Clubhouse refurbishment for all those who are interested. All the 'pretty' work still needs to follow but the team is making good progress. Like you we also can't wait to get back into our Clubhouse and get all the social activities back on track, hopefully bigger and better than before.

In our other pages, we also included a short article about how speed fines work and what you can expect if you put the pedal to the metal every now and again.

In "What's Cooking" we share a lekker South African "braai bread" done in an Air Fryer that will be a perfect snack for when you're hosting friends for a get-together.

In "Bang for your Buck", Food24 proves that the Baker's Man still can. See how good old Bakers Tennis biscuits fare against alternative brands.

We finish off with two articles in the "Sports Desk". Who was William Webb Ellis? (who's name has been all over the news these past few weeks) and then we take a look into the historic rivalry between the 2 teams who kick off the RWC tomorrow night - the host nation France and the All Blacks from New Zealand.

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

15 SEPTEMBER

IAN & RENE STEWART - House 69

BIRTHDAYS

11 SEPTEMBER

BRIAN DALTON - Apartment 106

14 SEPTEMBER

RENE ESSON - Apartment 103

RENE STEWART - House 69

15 SEPTEMBER

JILL DOWER - House 32



ACTIVITIES & EVENTS

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

MON 11 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 12 SEPT		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 13 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS		
THUR 14 SEPT		14h00 ART CLASSES	
FRI 15 SEPT			
SAT 16 SEPT		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
SUN 17 SEPT		CLUBHOUSE LAWN BOULE	

ACTIVITIES & EVENTS



Excitement is in the air, with the Rugby World Cup 2023 kicking off on Friday, 8 September. We know you're all avid Bok supporters, so although we might not have a full Clubhouse at our disposal, we can still bring the GEES and enjoy the tournament together.

You will note a slight change in the lounge area of house 24 over the next few days as we prepare for South Africa's first game against the Scots on Sunday. Worried about missing any games due to load shedding? We've got you covered. All games can be viewed in the lounge and on selected game days we will be upping the GEES with complimentary snacks and drinks that you can enjoy with fellow residents.

We will focus on the following games:

- 10 SEPT AT 17H45 – SOUTH AFRICA VS. SCOTLAND
- 23 SEPT AT 21H00 – SOUTH AFRICA VS. IRELAND
- 14 OCT AT 17H00 & 21H00 – QUARTER FINALS
- 15 OCT AT 17H00 & 21H00 – QUARTER FINALS
- 20 OCT AT 21H00 – SEMI-FINAL
- 21 OCT AT 21H00 – SEMI-FINAL
- 27 OCT AT 21H00 – 3RD / 4TH PLACE PLAY OFFS
- 28 OCT AT 21H00 – FINAL

Please book your seat at Reception or on Ext 3200. Also note we have limited seating so we can only accommodate up to 20 residents per game.

VILLAGE NEWS



CLUBHOUSE UPDATE

I am sure many of you have sneaked a peak to see how the work in the Clubhouse is progressing. I am very happy with the progress made so far.

On the outside, our new braai area - which will include a pizza oven with multiple uses, is taking shape. These additions will be incorporated into our catering services and will be a small but unique addition to our Village in that we will be the first Evergreen Village that can make our own Pizzas

The various flooring, other than the wood, has been removed and all areas have been levelled across the entire Club House to allow for a more uniform feel once the carpets are in place. This will also allow us to accommodate larger groups for events without creating separate 'pockets' within the venue.

The opening on the Bistro side of the passage has also been widened to ensure that what used to be the Lounge and Bistro areas with the walkway separating them, now looks and feels more like one space.

Further updates will follow as we progress.

DID YOU KNOW?



HOW FAR ABOVE THE SPEED LIMIT YOU CAN DRIVE IN SOUTH AFRICA WITHOUT BEING FINED

ARTICLE BY: TOPAUTO.CO.ZA

While not part of official legislation, motorists in South Africa are allowed a “tolerance” of 10km/h above the speed restriction of a particular road, in which if they are caught, they won’t be fined.

This tolerance is in place to accommodate small calibration errors in vehicle speedometers between the many manufacturers of cars on the road, and to avoid prosecuting persons for exceeding the speed limit by only 2 or 3km/h and clogging up the legal system. The 10km/h grace does not apply to average speed-over-distance prosecutions, however, which tracks the average speed a motorist travels across a set number of kilometres through the use of overhead cameras with number-plate recognition technologies. This is because these systems are more accurate in determining the true speed the vehicle was driving at than a momentary snapshot taken by a roadside camera.

WHEN YOU WILL BE ARRESTED FOR SPEEDING

The tolerance for speeding does not mean that the restrictions are 10km/h higher than what the sign displays, as traffic officers are still within their rights to issue tickets for anyone breaking the posted speed limit – i.e. 60km/h on urban roads; 100km/h on every public road outside an urban area, excluding freeways; and 120km/h on national freeways.

If a motorist exceeds the tolerance by even 1km/h, a roadside camera will also capture the incident.

However, with the controversial Administrative Adjudication of Road Traffic Offences (Aarto) Act now being rolled out across South Africa, infringement penalties will be dealt out differently than before.

If a driver exceeds the speed limit, they will be liable to pay a fine and/or incur demerit points against their licence.

A motorist may only receive 15 demerit points against their licence before it will be suspended. The duration of the disqualification will equal three months for every point over the 15-point limit.

If a driver receives three licence disqualifications under the Aarto system, their licence will be taken away completely and they will have to apply for a new one from the start.

In addition to the demerit system, Aarto has decriminalised many traffic infringements that were previously seen as criminal offences, in the process creating a new three-step system for serving fines to implicated motorists.

According to the Road Traffic Infringement Agency: “An infringement notice can either be written and issued to an alleged infringer on the side of the road, or it can be an electronic infringement issued to an alleged infringer via mail.”

Continued...

THE FINES AND DEMERITS ARE CATEGORISED AS FOLLOWS:

Infringement	Fine	Demerit points
Exceeding speed limit by 11-15km/h	R250	0
Exceeding speed limit by 16-20km/h	R500	1
Exceeding speed limit by 21-25km/h	R750	2
Exceeding speed limit by 26-30km/h	R1,000	3
Exceeding speed limit by 31-35km/h	R1,250	4
Exceeding speed limit by 36-40km/h	R1,500	5
Exceeding speed limit by >40km/h	Court	6

Following this, the recipient has 32 days to:

- Pay a discounted fine and incur applicable demerit points.
- Arrange to pay the fine in instalments and incur applicable demerit points.
- Submit a written appeal contesting the alleged violation.
- Nominate another driver if the vehicle owner was not responsible for the infringement.
- If the recipient does not respond within the first 32 days, a courtesy letter must be issued to remind them of the outstanding fine.

Following this, the recipient again has 32 days to:

- Pay the full fine plus R200, as well as incur the applicable demerit points.
- Submit a written appeal contesting the alleged violation.



In the case where the recipient did not respond during both the previous periods, an enforcement order is issued. This applies the necessary demerit points and blocks the recipient from performing any licensing transactions on eNaTIS, making it impossible to get a new driver's licence, a professional driving permit, or a new vehicle licence disc.

To comply with the order, the recipient must pay the full fine plus R300.

However, if a fine is categorised as a criminal offence, such as when a driver exceeds the speed limit by more than 40km/h, it will still be prosecuted in terms of the Criminal Procedure Act.

WHAT'S COOKING



CHAKALAKA AIR FRYER PULL APART BREAD

RECIPE BY: FOOD₂₄

12 SERVINGS

PREP: 30 MINS

COOKING: 15 MINS

INGREDIENTS (9)

- 1 x 400g tin Chakalaka Mild & Spicy
- 600g flour
- 10ml salt
- 5ml sugar
- 10g active dried yeast
- 15 ml butter — melted
- 500 ml lukewarm water
- 1 egg — whisked
- 250 ml cheddar cheese — grated

METHOD:

- Place the Chakalaka Mild & Spicy into a sieve over a bowl and leave to stand to drain the sauce.
- To make the bread dough, sift the flour, salt and sugar into the bowl of a mixer.
- Sprinkle over the yeast.
- Pour in the butter.
- Using the dough hook attachment and the mixer on a medium speed add enough of the water to bring together a soft dough.
- The dough must be able to knead easily and should not stick to hands or the bowl.
- Continue to knead the dough for about ten minutes until dough is elastic and smooth.
- Form into a ball and place in a floured bowl.
- Cover with a damp cloth and leave in a warm spot to rise until it has doubled in size.
- Knock down with your fist and knead again.
- Measure the dough out into even sized (40 g) small bread rolls.
- Place half the buns in the bottom of a baking pan that fits in the air fryer.
- Spoon the drained Rhodes Quality Chakalaka over the top of the buns and sprinkle with half the grated cheese.
- Add the remaining buns in a second layer and brush with the whisked egg.
- Air fry the buns at 180°C for 15 minutes.
- Sprinkle the remaining cheese over the buns and air fry for a further 5-10 minutes or until the buns are golden brown and baked through.

Best served warm.

COOKING TIP

Using an electric scale to measure out the bread rolls for accurately even sized buns.

Mix the drained chakalaka sauce with mayonnaise for sandwiches or stir into cooked mince.

BANG FOR YOUR BUCK



BAKERS ORIGINAL TENNIS BISCUITS VS OTHER COCONUT TEA BISCUITS

ARTICLE BY: FOOD₂₄

6 Different coconut tea biscuits go head-to-head against the legendary Bakers Original Tennis biscuits, to see if Bakers Tennis Biscuits really are the best coconut tea biscuits around.

As a pantry staple item used to make anything from a crumb crust to fridge cakes to the iconic Peppermint Crisp pudding, Tennis Biscuits are South Africa's most favourite biscuit. They are buttery and crisp with a sweet syrupiness and moreish coconut bite, and despite being named "tennis" biscuits, there seems nothing concrete to connect them with the sport, other than the obvious assumption that they make a pretty neat court-side snack during a tea break!

The biscuit itself links back to 1911 when Mr Albert Baumann, the original Bakersman, found a cutter with beautiful engravings. Inspired by the cutter's design, Albert set off to develop the perfect recipe to honour the cookie cutter and that's how Bakers Original Tennis Biscuits came to be.

Tennis Biscuits are essentially coconut tea biscuits, arguably the most iconic coconut tea biscuits to ever exist, but there are actually quite a few other options available in South Africa. So, we set out to determine how these six other brands compare to the Bakers Original Tennis Biscuits.

THE RESULTS

It came as no shock that the original Tennis Biscuits from Bakers annihilated the other samples, earning the OG Tennis Biscuits a well-deserved first spot.

Bakers Tennis Biscuits



Baumann's Match Biscuits



Chelsea Coconut Biscuits



SPAR Coconut Biscuits



Pick n Pay Coconut Biscuits



Checkers Coconut Biscuits



No Name Coconut Biscuits



1. BAKERS ORIGINAL TENNIS BISCUITS

Bakers Original Tennis Biscuits claim to be the best and looking at the results, we certainly cannot contest that claim! Despite each sample having been broken up into small bits to disguise any cookie cutter markings, tasters picked this sample as Bakers – “Tastes like Bakers Tennis Biscuits! My absolute fave!”

While they might be more costly than some of the other samples, they’re seemingly worth every extra rand spent as no other coconut tea biscuits were able to rival the OG Tennis Biscuits. They were buttery, perfectly crisp and had just the right amount of sweetness to them, and of course, the characteristic coconut hues came through wonderfully – “Good balance between sweet and coconut,” and “Perfect balance of flavour.”

Other comments tasters left: “This feels like the OG tennis bikkie,” and “Obviously Bakers Tennis Biscuit. And obviously the clear winner,” and “100% Bakers Tennis Biscuits. They cannot be rivalled. You could taste the golden syrup and they’re almost like toasted coconut biscuits. Simply delicious.”



R24.99

2. BAUMANN'S MATCH BISCUITS

While tasters noted that this sample had a nice crispness to it, it sadly lacked on that characteristic coconut flavour. Some tasters also noted that the biscuit itself lacked a bit of colour – “This is short of the coconut flavour but nice and crispy,” and “Biscuit was pretty bland looking. Tasted like a Marie biscuit but it was crunchy.”

Other comments tasters left: “Crisp, but doesn’t taste much like tennis biscuits,” and “Too bland... needs more coconut 'n syrupy vibes!” and “Can’t say that it tastes like tennis but a close second.”



R16.99

3. CHECKERS HOUSEBRAND COCONUT BISCUITS

Tasters noted that this sample had a lovely golden colour to it, but sadly fell a little short on the coconut flavour, which affected the scoring. Tasters noted: “Missed the coconutty taste,” and “Nice colour, needs more coconut.”

One taster found the sample to be more reminiscent of margarine than coconut, and noted: “Smells like coconut and has a nice colour, but tastes like margarine, which completely overpowers the coconut flavour.”



R14.99

4. CHELSEA COCONUT BISCUITS

Tasters found this sample to be quite salty, but the overall consensus was the tasters would have preferred the coconut flavour to shine more. While some tasters liked the salted element: "There's a nice hint of salt to contrast the coconut and syrup. My second fave," others were not as charmed. Comments other tasters left: "Too sweet with hints of salt. Quite flavourless otherwise," and "Very salty," and lastly, "Not bad but not quite Bakers. Subtle coconut flavour comes through in the end."



R19.99

5. NO NAME COCONUT TEA BISCUITS

Tasters found this sample to be very sweet and some found it quite artificial tasting. Overall tasters weren't overly impressed. Along with tasting very sweet and artificial, the sample was also bland on the coconut front.

Comments tasters left: "No flavour depth, just tastes sweet. Does not scream coconut bikkie," and "Tasted quite artificial, too sweet and no coconut coming through," and "I can taste the coconut but no syrupy sweetness... it has an odd artificial sweetness to it," and lastly, "Does not taste like tennis biscuits or have a coconut taste. Just overly sweet."



R13.99

6. PICK N PAY COCONUT TEA BISCUITS AND SPAR COCONUT TEA BISCUITS

These two samples tied for 6th place.

Tasters found the sample from Pick n Pay to be more similar to a Marie biscuit than a Tennis biscuit. Comments tasters left: "Marie bikkie moonlighting badly as a tennis biscuit," and "Again not enough syrup/coconut flavours... it's a masked Marie biscuit!"



R20.99

Tasters found the sample from SPAR to be overly sweet and artificial tasting with a bicarb aftertaste to it. Overall it did not necessarily scream coconut tea biscuit.

Comments tasters left: "Not a fan, overly sweet and artificial tasting," and "Too bicarby," and "Smelt and tasted like artificial coconut, but the desiccated coconut texture definitely evident in this sample."



R18.99



RUGBY WORLD CUP TROPHY: WHO WAS WILLIAM WEBB ELLIS AND WHAT IS THE WEBB ELLIS CUP?

ARTICLE BY: SPORTING NEWS.COM

The Rugby World Cup is again upon us.

France are the hosts of the 2023 tournament, with South Africa looking to defend their crown from 2019 after they beat England in the final, while the Springboks are also looking to become the first nation to win four World Cups.

No northern hemisphere side, other than Jonny Wilkinson-inspired England in 2003, have lifted the trophy, but hosts France and world No.1 side Ireland will be among the favourites.

But what about that trophy the winning captain will hold aloft? The Sporting News explores the story behind it.

WHO WAS WILLIAM WEBB ELLIS?

William Webb Ellis has a lot to answer for. In most school environments, a flagrant rule-breaker would likely receive a stern talking-to and be banned from more jovial, light-hearted subjects – like physical education, perhaps.

For the eventual clergyman born in Salford in 1806 though, an act of notoriety in his late teens instead saw him inadvertently create a global sport, when he caught a football during a match and, rather than kicking it, ran forward with the ball in his arms.

There is no concrete evidence to confirm that these events did actually happen, but it's a bit late to change the origin story now, given that the sport of rugby – both union and league variations – takes its name from the school Webb Ellis attended at the time: Rugby School in Warwickshire.

THE WEBB ELLIS CUP

In the 200 years since these events, there's been plenty of change in sport and wider society, but Webb Ellis' legacy has lived on to the extent that he is seen as the founding father of Rugby Union, and the most sought-after prize the game has to offer bears his name.

The Webb Ellis Cup, awarded to the winner of each Rugby World Cup since the tournament's inception in 1987, has been hoisted aloft by players from four nations (New Zealand, Australia, South Africa and England), but the trophy itself has a history pre-dating the World Cup by more than 80 years.

The cup's creation came back in 1906 at Garrad's Workshop in London; cast in silver and gilded gold based on a previous design from 1740, the cup was kept vaulted at Garrad's for much of the next 80 years.



Webb Ellis and the Rugby World Cup

In 1987 though, the eight-decades old trophy would finally get its calling card. The International Rugby Board had greenlit their inaugural World Cup in 1986 to kick off the next year, and the following February, John Kendall-Carpenter and Bob Weighill, two ex-England forwards working at the IRB, ventured to Garrad's in need of a prize befitting of world champions.

They were shown the trophy there and then, and after approval from Irish, Welsh, New Zealand and Australian representatives, the Webb Ellis Cup was named and purchased, to be awarded to the winner of the Rugby World Cup. A few months later, New Zealand captain David Kirk lifted the trophy as the All Blacks won the first tournament on home soil.

Since then, seven captains have held the trophy as world champions, with All Black Richie McCaw the only player to have done so twice (in 2011 and 2015). Famous faces have done so too, most notably South African president Nelson Mandela, who united the Rainbow Nation in handing the cup to Springboks skipper Francois Pienaar in 1995.

Another South African, Siya Kolisi, is the latest man to lift the 117-year-old trophy, but with Rugby World Cup 2023 just days away, the Webb Ellis Cup could be destined for another pair of hands, whose owner will, like William Webb Ellis, have their named etched into immortality.



FRANCE V NEW ZEALAND: CLASSIC RUGBY WORLD CUP MATCHES

ARTICLE BY: THE DAILY MAVERICK

When Antoine Dupont and Sam Cane lead their teams onto the Stade de France turf next Friday, they will set a new tournament record as they kick off Rugby World Cup 2023. No fixture has been contested at Rugby World Cups on more occasions than France versus New Zealand – although Australia against Wales will draw level on 24 September – and the eighth edition of the contest is set to be one to remember.

Les Bleus and the All Blacks head into RWC 2023 with designs on the Webb Ellis Cup and separated by just 0.16 rating points in the World Rugby Men's Rankings powered by Capgemini, sitting third and fourth respectively. Whoever comes out on top in Saint-Denis on 8 September will leave the Stade de France with a boost in confidence and their path to the quarter-finals mapped out.

But as past meetings between the sides suggest, neutrals are in for a treat whatever the outcome. Here are four of the best from the teams' Rugby World Cup back catalogue.

NEW ZEALAND 29-9 FRANCE, EDEN PARK, 20 JUNE, 1987

Following an opening 20-20 draw against Scotland, France had grown into the inaugural Rugby World Cup making light work of Romania and Zimbabwe before a quarter-final win against Fiji. Serge Blanco then sealed Les Bleus' progression to the first-ever final with a stunning late try against the Wallabies in Sydney, but Australia's co-hosts New Zealand would prove an insurmountable obstacle a week later. The All Blacks had been imperious on their run to the showpiece match, scoring 269 points and conceding only 43. Following a Grant Fox drop-goal, Michael Jones scored the opening try of the final midway through the first half before David Kirk and John Kirwan crossed the whitewash in quick succession around the hour mark to give New Zealand a 23-3 lead. Pierre Berbizier scored a consolation try for the French, but it came far too late to have any bearing on the outcome and the co-hosts saw out a deserved 29-9 victory. Kirk then became the first captain to lift the Webb Ellis Cup.

FRANCE 43-31 NEW ZEALAND, TWICKENHAM, 31 OCTOBER, 1999

Four years after announcing himself on the game's biggest stage and changing the way that fans viewed wingers, Jonah Lomu appeared to be leading the All Blacks to a third Rugby World Cup final. Less than five minutes after half-time, Lomu scored his and New Zealand's second try of their semi-final against France, to give his side a 24-10 lead at Twickenham. The chances of a comeback seemed remote, but then Christophes Lamaison and Dominici took over. Two drop-goals and a pair of penalties from Lamaison, who had scored the opening try of the match and was only playing because of an injury to Thomas Castaignède, cut France's deficit to just two points before Dominici judged the flight of a bouncing ball perfectly to put Les Bleus in front. France added further tries through Richard Dourthe and Philippe Bernat-Salles, converted by Lamaison, to take their run of unanswered points to 33 and give them a 43-24 lead with around five minutes remaining. Jeff Wilson did notch a third All Blacks try in the final minute, but it was France who were off to the RWC 1999 final in Cardiff, where they would lose to Australia.

NEW ZEALAND 18-20, MILLENNIUM STADIUM, 6 OCTOBER, 2007

If the All Blacks had been favourites for the pair's RWC 1999 semi-final meeting, then eight years later they appeared nailed on to banish the painful memory of Twickenham. New Zealand had beaten France by an aggregate of 103-21 in a two-test series only four months previously while Les Bleus had been exiled to Cardiff for the quarter-finals of their home Rugby World Cup due to a defeat to Argentina in the opening match of the tournament. Once again it was the All Blacks who made much of the early running at the Millennium Stadium, as if affronted by their opponents' decision to face the haka at close proximity, building a 13-3 half-time lead thanks to Luke McAlister's try and the boot of Dan Carter. However, following a second Lionel Beauxis penalty,

Thierry Dusautoir helped level the score at 13-13 with a fine finish. Rodney So'oialo restored the All Blacks lead with less than 18 minutes to go but the conversion was missed and France would make New Zealand pay. Yannick Jauzion profited from a Frederic Michalak break to score before Jean-Baptiste Elissalde added the all-important extras. There was still plenty of time for New Zealand to mount a comeback of their own but a late, long-range drop-goal attempt from McAlister dipped short of the posts and France were able to hold on.

FRANCE 7-8 NEW ZEALAND, EDEN PARK, 23 OCTOBER, 2011

Les Bleus almost proved to be the ultimate party poopers 12 years ago when they faced the All Blacks in the final of their home Rugby World Cup, again at Eden Park. New Zealand were looking to end their 24-year wait for a second Webb Ellis Cup on home soil and had overcome obstacles on and off the pitch to reach the showpiece match. The hosts had lost Dan Carter and his deputy Colin Slade to injury, while captain Richie McCaw was playing through the pain barrier. France, beaten 37-17 by the All Blacks during the pool phase, had come close to exiting the tournament at that stage having also lost to Tonga, but once through to the knockouts, Les Bleus edged past England and Wales. Tony Woodcock scored the opening try of the final in the 15th minute, but Piri Weepu missed the conversion as well as two first-half penalties which left the score at 5-0 heading into the break. Replacement fly-half Stephen Donald, a late call-up playing his first minutes of the entire tournament, stretched that advantage to eight points early in the second half but France soon narrowed the deficit as Thierry Dusautoir went over and Francois Trinh-Duc converted. Dusautoir's intervention made the score 8-7 with more than half an hour to play, however, the All Blacks soaked up wave after wave of French pressure to secure a second Rugby World Cup title.