

NEWSLETTER

WHAT'S HAPPENING

"You have to decide what your highest priorities are and have the courage - pleasantly, smilingly, non-apologetically - to say "no" to other things. And the way you do that is by having a bigger "yes" burning inside."

STEPHEN R. COVEY

Dear Residents,

I hope you've all had a good week.

It seems as if Spring 'missed its flight' this week so I am sure you are as glad as I am to see a little bit of sunshine this afternoon as we head into the weekend. Unfortunately, it looks like we might be stuck with more of the same rather cool weather for a little while longer. Luckily we have enough to keep us busy indoors.

This past week residents enjoyed a very successful music evening in the lounge and tonight we will have a full house at the Quiz Night hosted by our quiz master Brian Marquis. Remember to bring your own snacks and drinks.

The RWC continues with South Africa vs Romania on Sunday at 15h00, and it will be shown live in the lounge in House 24 so please feel free to pop over and watch. For those of you who joined us last weekend, this is just a reminder that we will be going all out again the following week for the bigger match when SA plays Ireland on Saturday, the 23rd at 21h00.

On Sunday the 24th we celebrate Heritage Day and although the weather will not allow for a big "village braai" we thought the least we could do is make sure we have a little 'Bok-Town Braai' on Saturday before the big match. Read more on page 4. Please note that bookings will strictly work on a first-come-first-served basis due to limited seating.

In this week's newsletter we've gone back to our roots and added a little more 'Heritage' to our articles and pages.

Take a look at Jan Braai's suggestions for braai broodjies with a twist in "What's Cooking; in "Making Headlines" we look at a new approach from Shoprite as they venture into cashless shopping with their first OK Urban store in the northern suburbs.

Swine wine and fine art? I'll leave it to you to decide in "Bottoms Up". 'Pigcasso' and Joanne Lefson are the first human-non-human art collaboration of their kind.

In this week's Classical corner we feature another of the great composers, Franz Joseph Haydn, and we end this week's newsletter off with a few Heritage-inspired reads.

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

19 SEPTEMBER

TONY & SANDRA FARR – Apartment 107

BIRTHDAYS

18 SEPTEMBER

IAN MCDONALD – House 18
SANDRA FARR – Apartment 107

22 SEPTEMBER

HELENA MITCHELL – House 11
JILL NEWTON – House 61

24 SEPTEMBER

SALLY HOJEM – House 24



ACTIVITIES & EVENTS

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

MON 18 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 19 SEPT		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 20 SEPT	11h30 HOUSE 24 ANTI-AGING CLASS		
THUR 21 SEPT		14h00 ART CLASSES	
FRI 22 SEPT			
SAT 23 SEPT		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	18h00 HOUSE 24 HERITAGE DAY 'BOK-TOWN' BRAAI 
SUN 24 SEPT		CLUBHOUSE LAWN BOULE	

ACTIVITIES & EVENTS

HERITAGE DAY

Braai

As the nation gets ready to celebrate Heritage Day on Sunday, the 24th of September, the Springboks have certainly given us a great reason to start celebrating a day early. On Saturday the 23rd, the Springboks take on Ireland in one of the most anticipated games of the Rugby World Cup.

How do we make this day even better you may ask?

WE BRAAI!

Join us for a pre-match BOKTOWN get-together at House 24 and enjoy a traditional braai before watching the game with friends.

MENU

Lamb Chop, Boerwors & Chicken Kebab. Garlic Bread, Roasted Baby Potatoes, and 2 salads.

Traditional Sweet Treats

DATE: 23 SEPT

TIME: 18H00 - 20H30

PRICE: R150

RSVP: EXT. 3200

Venue reset at 20h30 for match kick-off at 21h00 | Event limited to 20 guests]

WHAT'S COOKING

THE ULTIMATE BRAAIBROODJIES

RECIPE BY: JAN BRAAI

Spoil your loved ones with these delicious toasties from 'Flame Maestro' Jan Braai's new cookbook, *Braaibroodjies and Burgers*.

BILTONG BRAAIBROODJIE

South Africa's favourite fireside snack inside South Africa's favourite braai snack.

TIP: Jan Braai believes the correct way to slice braaibroodjies is diagonally and the correct time to serve them is immediately after you remove them from the fire.



CLUB BRAAIBROODJIE

A braaibroodjie is your chance in life to have your bread buttered on both sides. The Club Braaibroodjie is more than that: it's a double-braaied triple braaibroodjie.

TIP: There are two braais involved because you first braai the chicken and the bacon for the filling, so you have that braai taste inside the braaibroodjie. Then you braai the built braaibroodjies and triple-stack them with layers of avocado and tomato in between – this gives you 12 layers of braai flavour per portion.



THE BURGER BRAAIBROODJIE

You'll impress everyone with these delicious braai burgers.

TIP: Braaibroodjies are braaied in a closed, hinged grid and should be turned often. If you don't have a hinged grid, buy one – preferably with adjustable heights to compress each unit perfectly. You want medium-paced, gentle heat and the grid should be relatively high. Your aim is for the cheese to be melted and all other fillings to be completely heated by the time the outsides are golden brown. Slightly opening and closing your grid a few times after each of the first few turns of the braai process helps the braaibroodjies not to get stuck to the grid.



MAKING HEADLINES



SHOPRITE REVOLUTIONISES SHOPPING WITH LAUNCH OF CASHLESS STORE OK URBAN

ARTICLE BY: CAPETOWN{ETC}

Shoprite has set a new benchmark in the world of urban shopping with the unveiling of its innovative OK Urban concept store. Transforming what was once a dimly lit corner shop into a vibrant and modern retail space, OK Urban introduces a fresh approach to convenience shopping that combines technology, quality and variety.

The OK Urban concept store is Shoprite's strategic move into the high-end market, presenting a sophisticated alternative to the local suburban corner store. With a strong emphasis on convenience, freshness and an urban lifestyle, this new store challenges traditional retail and offers a glimpse into the future of the brand.

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Upon entering OK Urban, shoppers are immediately met with an inviting and updated atmosphere. The store's transformation from its previous state is evident, featuring a new roof, fresh paint, paving and an outdoor seating area. This redesign enhances the aesthetics and improves practicality, making the space more welcoming and functional.

The fresh food section takes centre stage at OK Urban alongside a bakery offering an array of freshly baked goods, from sourdough baguettes to croissants, reminiscent of those found at high-end cafes. A diverse selection of ready-to-eat items, including sandwiches, chicken wings and pizza slices, caters to on-the-go shoppers seeking quick and tasty options.

One of the standout features at OK Urban is the presence of a sushi chef, expertly crafting sushi platters to order. This unexpected addition adds an element of sophistication to the store, providing shoppers with a gourmet dining experience right within the convenience of the store. Additionally, a barista offers a range of coffee variations, teas and hot chocolate.

OK Urban's commitment to sustainability is evident through its use of branded brown paper bags instead of plastic ones. This small but meaningful gesture reflects the store's dedication to making eco-friendly choices and contributing to a greener future.

The store's checkout process is streamlined and efficient, featuring various cashless payment options, including Visa, Mastercard, Amex, Diners Club cards, bsmart, QR payments and SnackPay.

As Shoprite continues to embrace innovation, the OK Urban concept store paves the way for a future where convenience, quality and technology converge to create a new way of shopping.

BOTTOMS... SNOUTS UP?



THE SWINE'S WINE

"MAKING GOOD WINE IS A SKILL;
MAKING FINE WINE IS AN ART"

ARTICLE BY: PIGCASSO | ART

Behold this perfect pairing beyond the extraordinary, naturally inspired by the 'full-bodied' creative that resides amongst the grapes in the magnificent Franschhoek Valley. Gently crafted to arouse the most discerning palette and ignite intriguing discussions, you are invited to surrender to temptation and to sip and savour your way to hog heaven. The signature Pigcasso BLACK (Pinot Noir) and Pigcasso WHITE (Sauvignon Blanc), Pigcasso RED (Blend) and ROSE are available for purchase at Farm Sanctuary SA.

PIGMENT WITH PURPOSE

"Artmaking is making the invisible, visible"

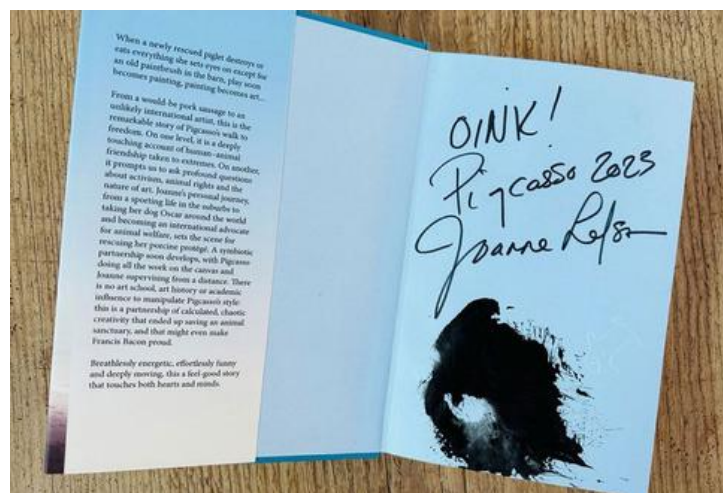
Pigcasso and Joanne Lefson represent the first human - non-human art collaboration of it's kind. Pigcasso was rescued just before slaughter in 2016 by Joanne Lefson and taken to Farm Sanctuary SA in Franschhoek, South Africa. When Joanne noticed that Pigcasso ate or destroyed everything except some old paint brushes that were laying in her stall, she decided to nurture the pig's potential talent.



It didn't take long before Pigcasso began to paint – and over time, the painting process developed into an extraordinary collaboration between human and pig. Lefson selects the colours while Pigcasso takes the brush into her mouth and creates her magic across the canvas. Lefson watches from afar, able to stop Pigcasso if she observes an interesting form developing that is relatable to the human eye.

Every original is signed by Pigcasso's nose-tip, countersigned by Lefson and includes a Certificate of Authenticity. Proceeds from the sale of every artwork benefit the registered nonprofit Farm Sanctuary SA that Lefson established in 2016.





Their unrivalled story has been prominently featured on all leading media networks including BBC, CNN, SKY News, GMA, ABC, Der Spiegel and ZDF. Their artworks are also collected by an impressive global audience which include the Hollywood elite and leading environmentalists alike. Piggasso has also collaborated with leading brands which include SWATCH and has hosted a number of prominent exhibitions in Europe and China. In 2022, she entered the Guinness World Records for her artwork 'WILD AND FREE' which sold for a record-breaking \$25 000. The unprecedented coverage not only highlights the intelligence of pigs, but gains widespread awareness for the plight of farm animals which is the leading mission of Farm Sanctuary SA, the registered NPO in South Africa where Piggasso resides.

Through their extraordinary collaboration, the creatives aim to challenge the status quo; igniting debate on the definition of art, while highlighting the detrimental effects of animal agriculture on the welfare of farmed animals and the environment in order to inspire a kinder, more sustainable world.



WORKS OF WONDER

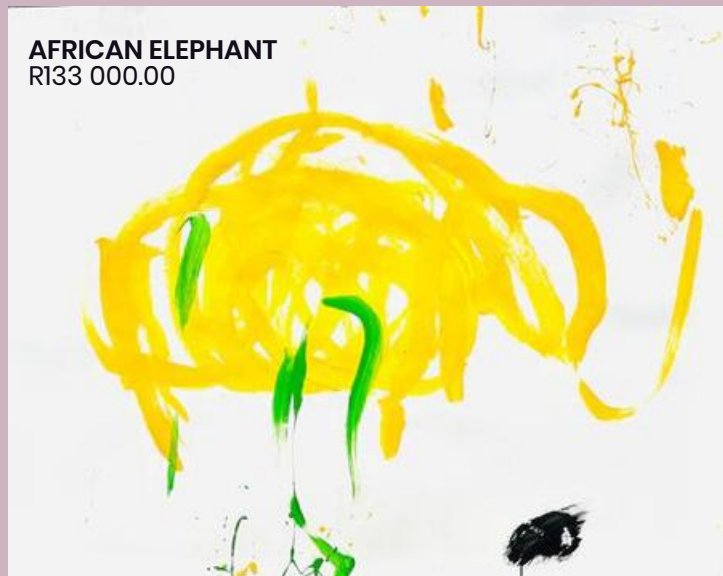
"The job of the artist is to always deepen the mystery."

Arguably the most unique artworks in the world, a Piggasso is not only a lifetime investment but also an extraordinary conversation piece. Every original artwork represents a unparalleled collaboration. Piggasso is the creative that takes the brush in her mouth and moves it mindfully across the canvas while Joanne Lefson selects the colours and carefully directs Piggasso from a distance. Every original is signed by Piggasso's nose-tip and countersigned by Lefson and each sale includes a Certificate of Authenticity. Commissions are available upon request. Every purchase supports Farm Sanctuary SA which aims to inspire a kinder and more sustainable world. Connoisseurs are invited to view the available artworks here.

ROCKING CHAIR
R37 000.00



AFRICAN ELEPHANT
R133 000.00



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

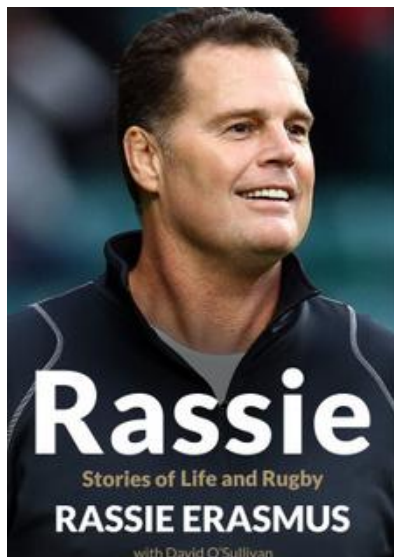
Click [here](#) to listen to Haydn Trumpet Concerto played by Alison Balsom

BOOK CLUB



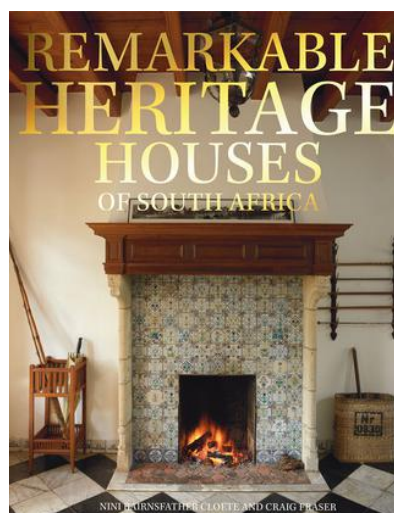
BLACKOUTS & BOEREWORS, BY KARL TESSENDORF & GREG GILOWEY

Load-shedding sucks! You know it. We know it. The whole country knows it. It's also no secret that it's here to stay for the foreseeable future. Is it annoying, frustrating and downright infuriating? Yes, no question about it. However, every blackout is a fire begging to be built, a juicy chop ready to be turned and a family braai just waiting to happen. With a little planning, some clever thinking and 40 great recipes – quick and easy, plan ahead and weekend winners – load-shedding can go from the worst part of your day to the best. Follow more recipes to become the king of condiments and the sultan of sauces, then power up your pantry with a store-bought collection of spices, smears, sauces and jazzier-uppers. Put your money where your braaibroodjie goes and join the Beer Country duo as they dive into their best braai recipes for the Eishkom disaster. Welcome to the braight side of load-shedding life!



STORIES OF LIFE AND RUGBY, BY RASSIE ERASMUS, DAVID O'SULLIVAN

Rassie Erasmus has been called a genius. He's been called reckless. All his life, he's done things differently. Now, with his trademark candour, Rassie talks openly about his adventures and misadventures. He reveals the turmoil of living with an alcoholic father and growing up in the conservative town of Despatch. He looks back on an exemplary career as a player, whose innate rugby instincts, ability to read a game differently, and appetite for hard work set him apart. While his teammates relaxed, he preferred to watch hours of video to devise winning strategies. He discusses his revolutionary coaching methods, which were initially laughed off and then eagerly adopted, how he fought the rugby establishment at the Stormers and earned the grudging respect of Irish fans at Munster. Rassie talks about his greatest contribution to South African rugby, appointing its first black captain, Siya Kolisi, without much fanfare or controversy, as his bold plans for effective racial transformation of the national team achieved immediate success, culminating in triumph at the 2019 Rugby World Cup.



REMARKABLE HERITAGE HOUSES BY NINI BAIRNSFATHER CLOETE

From a grand sandstone mansion rescued from dilapidation in the scrubby Free State veld, to a romantic Arts & Crafts style double storey that presides over a half-acre of prime real estate in the high Berea suburb of Durban, Remarkable Heritage Houses of South Africa provides a privileged glimpse inside 20 of the country's most distinguished, remarkable and treasured private residences. Predominantly constructed no later than the mid-1950s and chosen for the singular legacy each keeps alive, these are homes that blend architectural integrity with an uncanny sense of place. Some more 'historic' than others, they have been sensitively rescued or meticulously preserved, or simply kept current with custodianship that has at all times respected their unique pedigree. Strikingly captured by distinguished photographer, Craig Fraser, they cover the full gamut of locations, architectural genres and interior decorating styles, yet have all been skilfully adapted to meet the demands of modern living.