

# NEWSLETTER

## WHAT'S HAPPENING

*"My will, my faith, and my body have been challenged. But make no mistake, my heart is strong and my resolve to fight will never be broken."*

ANASTACIA [SINGER]

Dear Residents,

I hope you've all had a good week. October is Breast Cancer Awareness Month and sadly, over 3 million women are battling it each day. Many of us have been touched by cancer in some way or have experienced it personally. Our quote this week is to remind anyone going through a rough time to keep putting one foot in front of the other, be kind to yourself, and keep fighting.

This past week the weather has been a little more in line with what we would expect for October and I hope you all made the most of it.

There is lots more on for the sports fans, and the "rugby widows" may now find themselves becoming "cricket widows" too! Besides the final round of the pool stages of the RWC which kicked off last night, the ICC Cricket World Cup has now also kicked off in India. Yesterday was a good day for the New Zealand teams - they made it a double and won their opening match against England by 9 wickets, and also downed Uruguay 73-0 in the rugby. South Africa will play their opening cricket match against Sri Lanka tomorrow. The Match starts at 10h30.

On the rugby pitch, I'm sure many of you will be eagerly watching the game between Ireland and Scotland on the weekend.

The Springboks will only be playing next weekend. Please see more details about the "Boktoberfest" pre-match dinner that will be hosted in House 24 on the game day.

In this week's newsletter, we bring you another mixed bag.

In "What's Cooking" we see whose garlic bread has come out tops in the Food24 Taste Test.

In "Bottoms Up" we highlight the shared connection between whiskey and coffee and the inspiration behind the second release in The Macallan's Harmony Collection.

In "Making Headlines" we head out into 'a galaxy far, far away' and find out just what NASA's OSIRIS-REX mission has been collecting in outer space.

And in "Book Club" we bring you three more great reads.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

## IN THIS ISSUE

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Your weekly guide to sport & recreational activities in the Village

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Who makes the best garlic bread? Food24's top garlic butter baguette revealed

### Bottoms Up

Coffee and Whisky - a perfect pairing!

### Making Headlines

NASA just brought back the largest-ever asteroid sample

### Book Club

CAVE OF BONES  
by Lee Berger

A STROKE OF THE PEN: THE LOST STORIES,  
By Sir Terry Pratchett

BE USEFUL: SEVEN TOOLS FOR LIFE  
By Arnold Schwarzenegger

# IT'S A CELEBRATION

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

## BIRTHDAYS

### 9 OCTOBER

AMANDA BESTER – House 34  
CLAUDIA BURCHELL – House 40

### 11 OCTOBER

JILL HINDE – House 15

### 13 OCTOBER

DAVID GRETTON – House 3

### 14 OCTOBER

LINDSAY COHEN – House 26  
RODNEY BRYANT – Apartment 102

### 15 OCTOBER

ROBERT WELSH – Apartment 11





# ACTIVITIES & EVENTS

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

<b>MON</b> 9 OCT	11h30 HOUSE 24 <b>AGELESS GRACE CLASS</b>	14h30 MEADOWRIDGE BOWLS CLUB <b>CANASTA</b>	
<b>TUE</b> 10 OCT		14h00 HOUSE 24 <b>SCRABBLE</b>	18h00 LIME TREE CAFE <b>SOCIAL DINNER</b>
<b>WED</b> 11 OCT	11h30 HOUSE 24 <b>AGELESS GRACE CLASS</b>		
<b>THUR</b> 12 OCT		14h00 <b>ART CLASSES</b>	
<b>FRI</b> 13 OCT			19h00 HOUSE 24 <b>CANASTA NIGHT</b>
<b>SAT</b> 14 OCT		10h00 CLUBHOUSE LAWN <b>BOULE FOR BEGINNERS</b>	17h00 / 21h00 HOUSE 24 <b>RWC QUARTER FINALS</b>
<b>SUN</b> 15 OCT		CLUBHOUSE LAWN <b>BOULE</b>	17h00 / 21h00 HOUSE 24 <b>RWC QUARTER FINALS</b>

## CANASTA

On Friday, 13th October, the Canasta Night will be held at the House 24.

**TIME: 19H00**

**Players are welcome to bring  
their own drinks.**

For more information contact Jacky Orton on Ext. 3031

**BOOK AT RECEPTION OR ON EXT. 3200**





# ACTIVITIES & EVENTS



EVERGREEN  
**BOK TOWN**  
OUR BLOOD RUNS GREEN & GOLD

The two Springbok matches hosted so far have been a great success.

As we are now heading towards the play-off stages of the tournament we are sharing a quick reminder of what will be happening at each match so that you are able to book your seats in advance.

## QUARTER FINALS

**14 OCT AT 17H00 & 21H00 / 15 OCT AT 17H00 & 21H00**

Pre-match dinner on the day South Africa plays, 14th or 15th. The alternate day will be for viewing only. Residents are welcome to bring their own snacks and drinks to "viewing only" matches.

## SEMI-FINAL

**20 OCT AT 21H00 / 21 OCT AT 21H00**

Pre-match dinner on the day South Africa plays, which will be either the 20th or 21st. The alternate day will be for viewing only. Residents are welcome to bring their own snacks and drinks to "viewing only" matches.

Please book your seat at Reception or on Ext 3200.



# ACTIVITIES & EVENTS



— 14/15.10.22 —

**DRINK | FOOD | RUGBY**

**JOIN US FOR THE SPRINGBOKS QUARTERFINAL  
MATCH AND PRE-MATCH OKTOBERFEST DINNER.**

## **MENU**

Pretzels and cheese dip, served with with a complimentary craft beer or glass of wine

## **MAIN COURSE**

Selection of German sausages with accompaniments, kassler steaks, mustard and leek mashed potato, sauerkraut, salads

## **DESSERT**

Selection of individual sweet treats

[dietary requirements will be catered for on request]

**R150 PP | BOOK AT RECEPTION OR ON EXT 3200  
BOOKINGS CLOSE ON WEDNESDAY 11 OCT. FULL PRE-PAYMENT TO  
CONFIRM RESERVATION**

# ACTIVITIES & EVENTS

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The poster features a pink and white background with a large, faint illustration of a woman in a long dress. At the top, a string of colorful bunting flags hangs across the width. On the left, there is an illustration of a red teacup with orange liquid, a saucer, and two heart-shaped cookies. On the right, there is an illustration of a green teacup with green liquid and a sprig of mint. The word 'SPRING' is written in large, black, serif capital letters, and 'TEA' is written below it in the same style. Between the words, there is a small pink ribbon icon. Below the title, the text 'Wednesday October 18th at 15h00' is written in red, followed by 'in honor of' in black and 'Cancer awareness month.' in red. Below this, 'R 50 pp' is written in red, followed by 'if you would like to book call' in black and 'reception on ext 3200' in black. At the bottom, 'Donations are welcome' is written in red. The bottom corners are decorated with illustrations of daisies and other flowers, with small pink ribbon icons interspersed.

**SPRING  
TEA**

Wednesday October 18th at 15h00  
in honor of  
Cancer awareness month.

R 50 pp  
if you would like to book call  
reception on ext 3200

Donations are welcome



## FOOD<sub>24</sub>'S TOP GARLIC BUTTER BAGUETTE REVEALED

RECIPE BY: FOOD<sub>24</sub>

**Whether paired with soup, pasta or a grand braai-day feast, a buttery, garlic-filled baguette has the power to enhance any meal!**

Wrapped in foil for that rustic touch, ready to be warmed in the oven or grilled over hot coals during a braai, this unassuming side dish complements a wide range of meals. If you prefer the convenience of store-bought options, it's a simple, carb-loaded treat that never disappoints.

When it comes to store-bought versions, not all buttery garlic baguettes are created equal. Some feature a generous layer of butter between each slice, while others opt for margarine. Some exude a subtle garlic essence, while others burst with robust herbal flavours. The choice of baguette texture also varies, ranging from super crispy to delightfully fluffy. It's important to note that there's no "wrong" version, as our preferences for garlic bread are as unique as we are!

So, we conducted a Taste Test of five different garlic baguettes from top retailers across South Africa to determine the best option for your upcoming Heritage Day celebrations. The tasting team was asked to blind-taste all five samples, looking at factors such as flavour and texture. We also asked tasters how much they would be willing to spend on a single garlic bread baguette – 60% said they were happy to pay R30, 30% said R40 and only 10% said R50. All the samples proved to be quite enjoyable, with each offering varying degrees of garlic, butter and herbal goodness, resulting in a closely contested Taste Test. Garlic breads ranked according to the Food<sub>24</sub> Taste Test

### 1. PICK N PAY GARLIC & PARSLEY BAGUETTE

Tasters found the baguette to be perfectly crisp on the outside with a satisfyingly soft, buttery garlic middle. Tasters were also happy with the overall flavour this sample delivered, but what really pushed this heat-and-eat garlic-and-parsley baguette into the lead was how fresh and fluffy the baguette was.

Coming in at R39.99, this sample also falls within the price range that the tasting team said they were happy to spend on a store-bought garlic baguette.

Comments tasters left: "Love this sample. No complaints about it," and "Love, love this sample. Buttery, garlicky and a bit herby. The bread was so fluffy, fresh with a crispy crust. Best sample in my opinion," and "This one has a very soft centre that complements the bread perfectly."



### 2. SPAR GARLIC BREAD

This sample came in a close second, only because tasters felt it could have delivered a little more on the garlic notes. But despite coming in second, it was actually the sample all tasters said they would 100% buy again!

Comments tasters left: "Super buttery and delicious. Crisp with a soft, buttery middle. Subtle on the garlic front, though, which I actually prefer, and herbs aren't overpowering," and "It has just the perfect amount of butter and herbs with a nice crisp to it," and "I would have liked more garlic to come through."

This sample cost R28.99, so it also makes it a garlic-approved value buy that falls within the tasting team's price range. This sample was purchased at the Vredehoek Spar in Cape Town. Garlic baguettes made in-house at a Spar near you might vary slightly.





### 3. CHECKERS READY TO BRAAI BAGUETTE

The tasting team noted that this sample was definitely nice and garlicky. This sample also seemed to be herbier. But what divided the tasting team was the amount of butter. Some found the amount to be perfect, others found there to be a little too much butter, and quite a few of the tasters noted that it tasted like margarine was used instead of butter, which ultimately affected the scores.

This sample cost R39.99, falling with the tasting team's price range. Comments tasters left: "You could see the garlic bits and it packed a garlic punch that was also nice and herby. Loved the texture – crisp with a good soft 'buttery' middle. The only negative is that the butter tasted very 'margy'," and "Love the crispness – it is not too much – and the garlic flavour is coming through nicely," and "Love the taste and flavour."



### 4. VIEIRA'S BAKERY TWIN GARLIC LOAF (STOCKED AT SELECT FOOD LOVER'S MARKETS)

Tasters found this sample herby and wonderfully garlicky, but felt it could have done with a little more butter. Tasters also found the bread to be very crispy.

This sample was by far the best value for money, coming in at R39.99 for two loaves.

Comments tasters left: "This sample was very herby but the garlic did come through. For me, the bread was just a little too crisp ... almost dry even with the butter. Butter could also have been distributed more evenly, but it's still tasty," and "There could be more butter and it was a little too crispy."



### 5. WOOLWORTHS HEAT & EAT GARLIC BUTTER FILLED BAGUETTE

Coming in last place was the sample from Woolworths. Tasters seemed to take most fault with the bread itself, which ultimately took away from the whole garlic bread experience.

Tasters found the bread to be dense and doughy, which seemed to overpower the buttery garlic and herb flavours.

Costing R58.99, it was also the most expensive sample tasted on the day and did not fall within the tasting team's price range for store-bought garlic bread.

Comments tasters left: "The bread tasted quite yeasty for me, which overpowered the garlic flavour somewhat ... but you can see the garlic bits, so it's definitely garlic bread," and "The bread was a bit dense and yeasty!" and "Taste very doughy."



\*Prices correct at time of publishing

# BOTTOMS UP



## THE MACALLAN'S LATEST LIMITED EDITIONS ARE A MUST FOR WHISKY AND COFFEE AFICIONADOS ALIKE -

THE SINGLE MALTS IN THE HARMONY II COLLECTION EXUDE DISTINCT NOTES OF COFFEE, CREATING A DELICIOUS PAIRING BETWEEN TWO EXCEPTIONAL SIPS  
ARTICLE BY: [WANTEDONLINE.CO.ZA](https://www.wantedonline.co.za)

**Much like whisky, coffee is a beverage that has been enjoyed for hundreds of years and is an integral part of many different cultures worldwide. The shared connection between these exceptional sips was the inspiration for the second release in The Macallan's Harmony Collection.**

The annual Harmony Collection gives The Macallan's whisky makers the freedom to express their curiosity, innovation and creativity by crafting limited-edition single malts that are a must for any whisky collection.

It's also an opportunity for The Macallan to demonstrate its commitment to sustainability by experimenting with packaging made from recycled and repurposed materials.

### CELEBRATING THE WORLD OF COFFEE

Following on from the Harmony I Collection, which delved into the connection between chocolate and whisky, Harmony II celebrates the world of coffee.

To create it, whisky maker Steven Bremner embarked on a sensorial journey to find out how the coffee goes from bean to cup, drawing on the skills of acclaimed coffee experts.

"Exploring the world of coffee with our masters in the industry, who shared their knowledge, creativity, and love for their art, was both an education and an inspiration," says Bremner.





“There are many parallels between the approach to creating incomparable whisky and coffee. Each requires unique skills and craftsmanship to achieve depth and complexity of taste and both worlds aim to deliver an extraordinary consumption experience.”

After discovering that the Ethiopian Arabica bean is considered the first species of coffee to be cultivated, Bremmer used it as his muse to craft two single-malt whiskies with distinct coffee notes:

Inspired by Intense Arabica, which exudes flavours of espresso, dark chocolate, tiramisu and sweet oak; and Smooth Arabica, characterised by flavours of ground coffee, hazelnut and vanilla. Both drams lend themselves to enjoying unique coffee and whisky pairing experiences.

Giving new life to coffee husks  
Coffee was not only the inspiration for the incomparable flavours of the whiskies in the Harmony II Collection, but their packaging too.

The elegant box and label of the Inspired by Intense Arabica single-malt features a red hue in honour of the raw fruit of the coffee plant, while the green of Smooth Arabica's livery is a nod to the colour of unroasted coffee beans.

Once coffee beans are roasted, their dry skins or husks are normally discarded. However, The Macallan has given this organic by-product new life by adding it to the mix of recycled materials used to create the packaging for this collection.



# MAKING HEADLINES



## SEVEN YEARS, BILLIONS OF KILOMETRES, A HANDFUL OF DUST: NASA JUST BROUGHT BACK THE LARGEST-EVER ASTEROID SAMPLE

ARTICLE BY: THE DAILY MAVERICK

**NASA's OSIRIS-REx mission has delivered pieces of asteroid Bennu, which scientists hope will offer a window into the early era of the Solar System billions of years ago.**

After a journey of billions of kilometres, NASA's OSIRIS-REx mission has culminated in a small black capsule blazing through the sky before touching down in the Utah desert.

Inside is likely to be the largest ever sample of dust and rock returned from an asteroid. Extracted and brought back with great technical ingenuity from an asteroid called Bennu, scientists will now study in search of clues about the origins of the Solar System and life itself.

The seven-year mission took OSIRIS-REx to a near-Earth carbon-rich asteroid, which it orbited for two and a half years, mapping its surface and measuring properties such as its density and spin. This "rubble pile" asteroid also has a (very) small chance of one day impacting Earth, so getting intricate measurements of its orbit and other dynamics was also a mission goal.

### **The origins of the Solar System – and life**

Most asteroids are the rocky leftovers of failed planets and destructive collisions in the early Solar System, orbiting in a belt between Mars and Jupiter. They vary drastically in size, shape and composition, and finding out what they are made of can help us learn more about how the planets formed. These primitive bodies – some more than 4.5 billion years old – can also shed light on the origins of life, because they tell us about the distribution of water, minerals and other elements such as carbon. There is also an element of self-interest in studying these asteroids, to understand the risk they may pose if they are heading Earth's way.

Using telescopes on Earth, we can get a rough idea of what an asteroid's surface is made of. However, to do an in-depth chemical analysis we need to get hold of some actual samples. Most of the asteroid samples we have are meteorites – lumps of space rock that have crashed into Earth. There are more than 70,000 meteorites in collections around the world, but we know the origins of less than 0.1% of them. What's more, we know the samples we have are not very representative of the kinds of asteroids in space. Part of the reason for this is that some kinds of asteroids are better than others at surviving the fiery descent through the atmosphere. But some meteorites don't appear to correspond to any known type of asteroid. So where do they come from?

Using dedicated camera networks such as Australia's Desert Fireball Network we can observe incoming asteroids, recover meteorite samples and track their paths back through space to determine their origins. This process can deliver relatively uncontaminated samples to the lab. Even still, linking a meteorite to a known parent asteroid, or even a type of asteroid observed via telescope, is very difficult.





### Bringing pieces of space back to Earth

Sample return missions are the gold standard for analysing the makeup of extraterrestrial bodies. They can bring pieces from a different planet or asteroid back to Earth to study. The first such mission was to the Moon, bringing back lunar samples for analysis. We learned the Moon was made from the same material as the Earth, and that it likely formed from the orbiting debris after a giant impact.

Sample return missions are technically very challenging. Not only does a spacecraft have to travel hundreds of millions of kilometres from Earth, but it has to match speed with the target (not just zoom past), find a safe landing site, touch down to collect a sample (without crashing), stow the sample in a sealed capsule, take off again, and return to Earth. Much of this process needs to be autonomous, as the time delay for communications with Earth is too long for remote control.

Other than the lunar samples returned by the Apollo missions, OSIRIS-REx is the fourth mission to return extraterrestrial material back to Earth. NASA's Stardust mission, launched in 1999, returned microscopic samples from the trail of comet Wild-2. The Hayabusa mission, launched in 2003 by the Japanese space agency, JAXA, returned less than 1 milligram from asteroid Itokawa. JAXA's Hayabusa2 (launched 2014) returned 5.4 grams of sample from asteroid Ryugu. NASA estimates OSIRIS-REx has brought back around 250 grams from asteroid Bennu, by far the largest sample yet recovered. We will know for sure once the sample is carefully examined at Johnson Space Centre over the coming days.

### The sound of fireballs

We and our colleagues at Curtin University are heavily involved in the global effort to find out what asteroids are really made of, having participated in or analysed samples from all of these sample return missions and leading the Global Fireball Observatory.

There are six OSIRIS-REx mission scientists from Curtin (including one of us – Nick Timms), and they will be among those receiving the first wave of samples in the coming weeks. The re-entry of the capsule also had its own incredible science value. It was essentially a human-made fireball.

Fireballs, or really bright shooting stars from large space rocks, are quite rare and impossible to predict. This is why we use dedicated camera networks to observe large areas of sky (The Desert Fireball Network observes nearly three million square kilometres of Australian skies every night).

When objects from outer space enter the atmosphere, travelling much faster than the speed of sound, they ignite the air to create a fireball and also trigger other less-studied phenomena such as shockwaves – which can be hazardous.

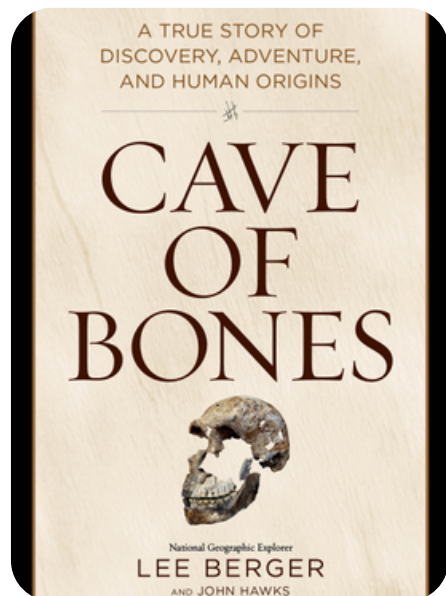
A sample return is a great opportunity to set out seismic sensors and other instruments to analyse the shockwave, which can tell us more about the physics of re-entry and why some meteorites survive while others don't make it. This was done for the Hayabusa2 sample return in 2020, and researchers from Sandia Labs and the University of Southern Queensland had detectors set up in Utah for the OSIRIS-REx return.

### What's next?

Like Hayabusa2, the OSIRIS-REx spacecraft itself isn't finished yet. Both of these spacecraft dropped their precious samples to Earth and have continued on with the aim of future asteroid fly-bys.

The mission, now renamed "OSIRIS-APEX", has already begun to redirect itself towards an asteroid called Apophis, which it will intercept not long after the asteroid zooms past Earth in April 2029.

# BOOK CLUB



## **CAVE OF BONES, BY LEE BERGER**

A true-life scientific adventure story, this thrilling book takes the reader deep into South African caves to discover fossil remains that compel a monumental reframing of the human family tree. In the summer of 2022, Lee Berger lost 50 pounds in order to wriggle through impossibly small openings in the Rising Star cave complex in South Africa—spaces where his team has been unearthing the remains of *Homo naledi*, a proto-human likely to have coexisted with *Homo sapiens* some 250,000 years ago. The lead researcher on the site, still Berger had never made his way into the dark, cramped, dangerous underground spaces where many of the *naledi* fossils had been found. Now he was ready to do so.

Join Berger on the adventure of a lifetime as he explores the Rising Star cave system and begins the complicated process of explaining these extraordinary finds—finds that force a rethinking of human evolution, and discoveries that Berger calls “the Rosetta stone of the human mind.”

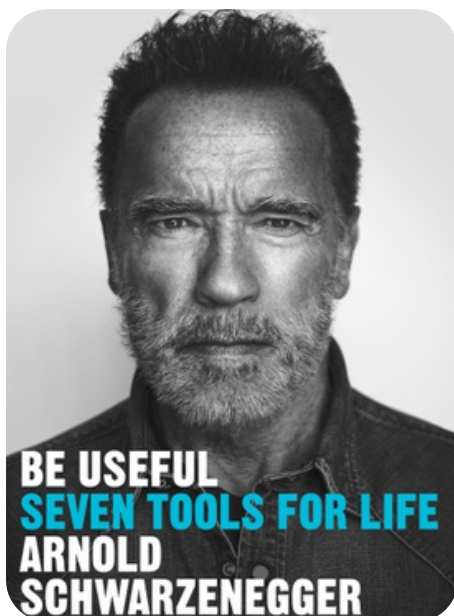


## **A STROKE OF THE PEN: THE LOST STORIES, BY SIR TERRY PRATCHETT**

A beautifully packaged, illustrated collection of twenty rediscovered early short stories by award-winning and bestselling author, Sir Terry Pratchett. A truly unmissable, beautifully illustrated collection of unearthed stories from the pen of Sir Terry Pratchett: award-winning and bestselling author, and creator of the phenomenally successful Discworld series.

Twenty early short stories by one of the world's best loved authors, each accompanied by exquisite original woodcut illustrations.

These are rediscovered tales that Pratchett wrote under a pseudonym for newspapers during the 1970s and 1980s. Whilst none are set in the Discworld, they hint towards the world he would go on to create, containing all of his trademark wit, satirical wisdom and fantastic imagination.



## **BE USEFUL: SEVEN TOOLS FOR LIFE, BY ARNOLD SCHWARZENEGGER**

The seven rules to follow to realize your true purpose in life—distilled by Arnold Schwarzenegger from his own journey of ceaseless reinvention and extraordinary achievement, and available for absolutely anyone.

The world's greatest bodybuilder. The world's highest paid movie star. The leader of the world's sixth largest economy. That these are the same person sounds like the setup to a joke. But this is no joke. This is Arnold Schwarzenegger. And this did not happen by accident.

Arnold's stratospheric success happened as part of a process. As the result of clear vision, big thinking, hard work, direct communication, resilient problem-solving, open-minded curiosity, and a commitment to giving back. All of it guided by the one lesson Arnold's father hammered into him above all: be useful. As Arnold conquered every realm he entered, he kept his father's adage close to his heart.