

# NEWSLETTER

## WHAT'S HAPPENING

*“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”*

MARK TWAIN

Dear Residents,

I hope you are well and that you've had a great week so far!

The weekend is approaching, and it looks like we're in for some fantastic weather. I've checked the forecast for next week too and we can expect more warm days ahead.

For rugby fans, this weekend is going to be a big one with four quarter-final matches being played. You can find more information on the viewings and dinner arrangements on page 4.

Staying with sport, the Proteas are in excellent form, having won both of their games played so far in the ICC World Cup. At this rate, we stand a good chance of showing off two 2023 World Cup trophies in the cabinet. Holding thumbs!

But now something for the non-rugby and cricket enthusiasts. Celebrate Spring on the 18th with an Afternoon Tea, where all proceeds will be donated towards Breast Cancer Awareness initiatives. To show your support, please book at reception by Tuesday morning.

In this week's newsletter:

In "Did You Know," learn about the history of the Oktoberfest and where it all began. And if you don't know your knackwurst from your bockwurst learn more about these German favourites in "What's Cooking". While on the subject of the Oktoberfest, did you know that it's not just any old beer that makes it to the official festival - see who makes the cut in "Bottom's Up."

While your Dirndl and Lederhosen are in the wash, spend the time reading up on the rediscovery of an extinct Fynbos species in "Making Headlines" or, with Halloween just around the corner, delve into the origins of the superstitions surrounding Friday the 13th.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

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# 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

### **16 OCTOBER**

ANNEKE WEBER – House 5  
BRENDA STAUCH – House 37  
ESTELLE TWIGS – House 62

### **18 OCTOBER**

COLIN LEVIN – House 12

## NEW RESIDENTS

MUGSY & DIANA SPIEGAL – House 74





# ACTIVITIES & EVENTS

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

<b>MON</b> 16 OCT	11h30 HOUSE 24 <b>AGELESS GRACE CLASS</b>	14h30 MEADOWRIDGE BOWLS CLUB <b>CANASTA</b>	
<b>TUE</b> 17 OCT	10h00 CLUBHOUSE LAWN FIRE EXTINGUISHER DEMONSTRATION	14h00 HOUSE 24 <b>SCRABBLE</b>	18h00 LIME TREE CAFE <b>SOCIAL DINNER</b>
<b>WED</b> 18 OCT	11h30 HOUSE 24 <b>AGELESS GRACE CLASS</b>		15h00 HOUSE 24 <b>SPRING TEA</b>
<b>THUR</b> 19 OCT		14h00 <b>ART CLASSES</b>	
<b>FRI</b> 20 OCT			
<b>SAT</b> 20 OCT		10h00 CLUBHOUSE LAWN <b>BOULE FOR BEGINNERS</b>	21h00 HOUSE 24 <b>RWC SEMI FINALS</b>
<b>SUN</b> 21 OCT		CLUBHOUSE LAWN <b>BOULE</b>	21h00 HOUSE 24 <b>RWC SEMI FINALS</b>

# ACTIVITIES & EVENTS

**REMINDER**



— **15.10.22** —

**DRINK | FOOD | RUGBY**

## **SCHEDULE**

**17h00 – England vs Fiji**  
(no catering – "BYOB")

**18h00 for 18h30 – Dinner**  
(welcome drink / "BYOB")

**21h00 – South Africa vs France**  
(Snacks & drinks provided)

**BOTH GAMES ON SATURDAY 14 OCTOBER CAN BE VIEWED IN  
HOUSE 24. NO CATERING WILL BE PROVIDED.**

# ACTIVITIES & EVENTS

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# DID YOU KNOW?



## THE HISTORY OF OKTOBERFEST

RECIPE BY: OKTOBERFEST.DE

**It's the world's largest folk festival — and the most popular. Every year, Oktoberfest attracts millions of visitors. Once an Oktoberfest goer, always an Oktoberfest goer. But yet very few of us know how it all began or even who we have to thank for Oktoberfest as it is known today. It's time to change that.**

### **The first Oktoberfest: horse racing for a royal wedding**

One rule still applies in the beer tents at Oktoberfest: the customer is king. Yet we have a civil officer to thank for the annual get-together of approximately six million visitors in such a cozy setting. Andreas Michael Dall'Armi, Member of the Bavarian National Guard, had the idea of celebrating a wedding a little differently. Prince Regent Ludwig of Bavaria, the later King Ludwig I, and Princess Therese of Saxony-Hildburghausen were to be honored with a huge horse race. The financier and cavalry major shared his idea with King Max I Joseph of Bavaria who was impressed from the get-go.

The couple were married on October 12, 1810 with the festivities taking place on October 17 on the grounds of Theresienwiese, to be later named after the bride, and featuring the exact horse race suggested. And even though there weren't any beer tents or fairground rides at the time, it marked the birth of Oktoberfest. In 1824, Munich city awarded Andreas Michael Dall'Armi the first gold citizens medal for 'inventing' Oktoberfest. He is buried at Alter Südfriedhof cemetery and a street has been named after him in the neighborhood of Neuhausen-Nymphenburg.

### **1819: Oktoberfest becomes top priority**

In 1810, a year after the wedding celebrations, everyone was in agreement: We want more! Without the royal wedding, the festival naturally needed a new organizer and that became the 'Landwirtschaftlicher Verein in Bayern' [Bavarian Agricultural Association]. The newfound festivities created the perfect opportunity for the association to shine a spotlight on their own wares. As was notorious at the time, one big historical event followed after the other, which is why by 1813 the newly established Oktoberfest already had to be cancelled for the first time on account of the Napoleonic wars. After the war, Oktoberfest was financed privately until the city's forefathers made the event a top priority in 1819. Even in the uppermost circles, the Oktoberfest was guaranteed to draw a crowd, and it would generate a wealth of revenue and should therefore be celebrated annually.







### **Oktoberfest in the 19th century: Bavaria, milestones and challenging years**

In 1850, there was another event that was really worth celebrating: The statue of Bavaria, guardian of Oktoberfest and symbolic figure of Bavaria state, was unveiled and dedicated a place in the hall of fame. But this historical highlight gave way to some challenging years.

War and cholera provided many things, but festival spirit was not one of them. It was another couple of decades until the time came for the Oktoberfest institution as we now know it. In 1881, the first roasted chicken outlet opened and traditional chicken continues to be served to hungry Oktoberfest visitors to this day. In the late 19th century, Oktoberfest continued to develop into the festival we now know it. Booths and carousels with electrical lighting appeared, performers came, and due to increased demand the breweries set up huge beer tents with musicians, instead of the usual small beer stalls.

### **1980: An attack shakes up the Oktoberfest**

It still took a while from the historic Oktoberfest to the event as we know it today. For the 100th anniversary of the Oktoberfest, in 1910, 12,000 hectoliters of beer were served in the Pschorr-Bräurosl, the largest festival tent at the time with 12,000 seats. Every year, new and increasingly exciting rides were added to the Oktoberfest.

In the first half of the 20th century, due to the two world wars and economic crises, the Oktoberfest was cancelled several times or had to be held as a smaller autumn festival.

After World War II, the once obligatory horse race only takes place in the anniversary years of 1960 and 2010.

In 1950, Munich's mayor Thomas Wimmer tapped the first beer barrel at the Schottenhamel for the first time. Since then, it has been a tradition that the Oktoberfest tapping is done by the Lord Mayor. The famous words "O'zapft is" now have cult status.

On September 26, 1980, a bomb exploded at the main entrance to the Oktoberfest, killing 13 people and injuring over 200 visitors. Among the victims was the assassin Gundolf Köhler himself. The Oktoberfest attack is considered one of the worst attacks in German history. Investigations into the case were reopened in 2014.

### **O'zapft is, brass band music, Oide Wiesen: that's how we celebrate today**

Today, the Oktoberfest is the world's largest folk festival and it draws around six million visitors annually. Each year, it continues to break new records from the quantity of beer consumed through to the amount of chicken devoured. In 2005, a 'quiet Oktoberfest' was introduced to make the world's largest folk festival more attractive to families. Business owners are only allowed to play party music after 6 p.m. and can only play Bavarian brass band music prior to that time.

The history of Oktoberfest also continues to be reborn in the most wonderful ways. In 2010, to mark the 200th anniversary, in addition to the 'regular' Oktoberfest, a historical festival took place in the south part of Theresienwiese which was to remind festival-goers of the festival's history. In addition to a family-friendly program, a wealth of cultural activities and horseracing, from which the festival originated, were on offer. The 'Oide Wiesen' was so successful that it has taken place every year since — the inhabitants of Munich in particular immediately fell in love with their 'Oide'. It only takes a year off if the Bavarian Agricultural Fair, which takes place every four years, happens to be on at the same time. The next time will be in 2024.



# WHAT'S COOKING



## THE DEFINITIVE GUIDE TO OKTOBERFEST SAUSAGES

RECIPE BY: EPICURIOUS.COM

**Wondering what the difference between the various Oktoberfest sausages is? You're not alone. Just last weekend, while enjoying a beer, a sausage, and some of the last warm days of the year, I made the mistake of wondering aloud, "Now what's the difference between knockwurst and bratwurst?"**

This is not a good thing to wonder aloud when you are a) a food editor and b) have a last name like "Steintrager."

A friend looked at me with a mixture of shock and disdain and exclaimed, "Aren't you supposed to know this stuff?!" Yes, I am. So, to save myself from further shame and in honor of Oktoberfest (which runs from late September through early October in Munich and cities around the world), I put in a call to Bruce Aidells, renowned sausage-maker and the author of the eponymous Bruce Aidells' Complete Sausage Book.

Aidells explained that German sausage-makers "tend to be very subtle" with spices. The most common seasonings include salt, white—not black—pepper, and mace; then, "depending on the sausage-maker's whim or regional variations," they might contain cumin, coriander, cardamom, marjoram, thyme, sage, caraway, garlic, and cloves.

Read on to discover the six varieties of Oktoberfest sausages served at every festival.



### 1. Blutwurst

Made of diced, cooked pork fat and blood, blut (blood) sausages come in many varieties served both hot and cold. Aidells's favorite contains forcemeat, blood, and diced pieces of smoked tongue.





#### 4. Cervelat

These large smoked sausages tend to be more heavily seasoned than other German varieties. They can be eaten as cold cuts or poached and used in various dishes.



#### 2. Bockwurst

These fat, mild white sausages contain finely ground pork or pork and veal flavored with leeks, chives, or green onions.



#### 3. Bratwurst

The name means "farmers' sausage," according to Aidells. In Germany, these sausages—which can be fresh or smoked—tend to be all pork, but they can also contain veal.



#### 5. Frankfurter

Hailing from Frankfurt, this is a smoky, mildly seasoned sausage distinguished by its long, narrow shape. It's usually made with pork in natural sheep casing. This casing—missing from many American sausages—is what gives the frankfurter "that nice pop," says Aidells.



#### 6. Knockwurst (Knackwurst)

These fat smoked sausages are generally made of pork and veal and are distinguished by a strong garlic flavor.

# BOTTOMS UP



1. Augustiner
2. Hacker-Pschorr
3. Löwenbräu
4. Paulaner
5. Spaten
6. Hofbräuhaus

Let's go through them one by one:

## AUGUSTINER

**The Brewery:** The Augustiner brothers began brewing beer in 1328 which makes Augustiner one of the Munich's oldest surviving breweries. Anton and Therese Wagner purchased Augustinerbrau in 1829 and their family continues to own and operate the brewery. Augustiner is renowned by locals and visitors alike for brewing Munich's best beer. Theories on the taste range from their religious roots to the private well the brewery draws its water from.

**The Flavor:** full of light bready malts, caramel, light grasses and a well rounded hop profile. This beer has an amazingly crisp and clean flavor.

## HACKER-PSCHORR

**The Brewery:** For many years Hacker and Pschorr were separately some of Munich's most successful breweries, but in 1972 they became what you know today as Hacker-Pschorr. Today, the brand is part of Paulaner, but retains its brewing independence.

**The Flavor:** This beer has a little bit of everything; meaning all aspects of the flavor profile are accounted for: the beer tastes sweet, bitter, dry, malty and hoppy all at once. The sweet, lightly toasted, lightly nutty malt is offset by floral-fruity German hops. Its versatility is what sets this beer apart and gives it a distinct personality.

## THE BIG SIX: GERMAN BEERS AT OKTOBERFEST

ARTICLE BY: [OCTOBERFESTHAUS.COM](http://OCTOBERFESTHAUS.COM)

**At Oktoberfest in Munich there are rules. Mostly, they relate to beer. And by mostly, we mean all of them. And by all of them, we mean all 2:**

1. Each beer served at Oktoberfest in Munich must go by the Reinheitsgebot, meaning each beer has a minimum of 13.5% Stammwürze (which translates to approximately 6% alcohol) and must be "pure" - containing only water, barley, hops, yeast, wheat malt and/or cane sugar.
2. All beer at the festival must be brewed within the city limits of Munich.

The "Big Six" breweries that produce Oktoberfest Beer under the criteria are:



## LOWENBRAU

**The Brewery:** This beer is everywhere in Munich, in part because of its 14th century roots. Supposedly it is essentially the same beer that was served almost 700 years ago. Its name means "Lion's Brew."

**The Flavor:** Crisp and light bodied to start, this beer finishes with a prickly, spicy hop bitterness. After the hops fade, only clean, refreshing sweetness remains.

## PAULANER

**The Brewery:** In the early 19th century master brewer Franz Xavier Zacherl put Paulaner on the map by introducing steam-power into the production process and adding large storage cellars. The brewery became a publicly owned company in 1886 and today it is the largest brewery in Bavaria.



**The Flavor:** A typical Munich sweet lager, Paulaner is one of the best beers at Oktoberfest. This beer blends light, toasted malt with a smidgeon of spiced banana and a lemon-hop finish, successfully cleansing the palate, and opening the door for the intake of delicious foods.

## SPATEN

**The Brewery:** Spaten is associated with perhaps the most famous brewing family Munich has ever produced. Gabriel Sedlmayr and his sons Josef and Gabriel II. At the 1872 Oktoberfest, Josef introduced the first amber-colored Märzen-style beer and it became the Oktoberfest beer we know today. Gabriel II introduced a revolutionary cooling process that opened the door for the bottom-fermentation method used for Munich lagers. After World War I, the two brothers combined their brewing houses to a single Spaten brand. Since then, Spaten has gone through a few mergers and buyouts, but the taste of the brew is unchanged.

**The Flavor:** Crisp and bubbly, this beer demonstrates a mild biscuity malt before the graininess hits with a faintly lemon note, before a hop-filled finish. Lingering, long after the beer is finished, is a grainy and hoppy dryness that leaves you wanting more.

## HOFBRAUHAUS-MUNCHEN

**The Brewery:** Augustiner has its religious roots and Hacker-Pschorr its commercial beginnings, but Hofbräu has a royal connection - notice the crown on every bottle or mug - Duke Wilhelm V founded the Hofbräuhaus and brewery in 1589. HB, as it is commonly known, brewed the world's first "bock" in 1614 and the rest was history.

**The Flavor:** Starting crisp and refreshing, this beer really grows up when you taste the grain, hay, dough, and bitter noble hops that follow, but through all that it never loses its crisp fresh beginnings.

# MAKING HEADLINES



## ‘EXTINCT’ FYNBOS SPECIES REDISCOVERED ON NUWEJAARS WETLANDS

ARTICLE BY: CAPE{TOWN}ETC

**A fynbos species presumed to be extinct and last seen in 1981 has been rediscovered in the Nuwejaars Wetlands Special Management Area (NWSMA), close to the southernmost tip of Africa.**

A fynbos species presumed to be extinct and last seen in 1981 has been rediscovered in the Nuwejaars Wetlands Special Management Area (NWSMA), close to the southernmost tip of Africa. The pretty yellow flower, called the Mini Galaxy (*Moraea minima*), was rediscovered by NWSMA Conservation Manager Eugène Hahndiek while on a routine drive in the conservation area.

He photographed the plant, which was flowering in the middle of a road in August 2022 and posted it on iNaturalist, the app where citizen scientists record observations of biodiversity across the world.

At the time, he identified it as a common *Moraea* species, known as *Moraea galaxia*. Hahndiek said of the Mini Galaxy, ‘It seems that this special species is difficult to find because it’s quite finicky. What we’ve found is that it only flowers in spring for a few hours after it has rained. Then the flowers disappear, until the following rains come. The other challenge is that these plants seem to often grow in slightly precarious spaces, for example road verge or in the middle of a road. That’s why we need to know where they are, to plan how to protect them.’ This year, Hahndiek’s photograph caught the eye of scientist Dr John Manning. He identified the observation as a *Moraea* species that the Custodians of Rare and Endangered Wildflowers (CREW) had been searching for. In July, after being informed by Dr Manning, the CREW team visited the original site to search for the species, but didn’t find it in flower. Later, the team returned in August this year and this time CREW’s Sharndre Heuvel, with luck, found the species at a new locality. The Mini Galaxy was listed as Critically Endangered in 1981 and was even then known from only one location that was heavily invaded by invasive alien plants.

It only occurs on Agulhas Sand Fynbos, a Critically Endangered vegetation type. Since this investigation into the species started, Eugène and the NWSMA team, along with CREW, have found two populations of *Moraea minima*. According to Ismail Ebrahim, CREW’s project manager for the Cape Floristic Region, ‘This rediscovery illustrates the value of regular monitoring and encouraging people to participate in programmes like CREW and post their findings on iNaturalist.’ ‘This is a critical step for understanding the exceptionally special plants we have and what steps have to be taken to conserve these species.’ The Nuwejaars Wetlands Special Management Area plays a vital role in protecting key habitats. This conservation area, made up of 26 farms, covers 47 000 hectares, half of which is natural land and wetlands, between the towns of Bredasdorp and Elim in the Overberg. It’s home to nearly 50% of all remaining Agulhas Sand Fynbos and 20% of Agulhas Limestone Fynbos in the world. Both of these are Critically Endangered. Around 40% of remaining Endangered Elim Ferricrete Fynbos also occurs here. Farmers have signed title deed restrictions in order to protect the land in perpetuity.



# FUN FACTS



## FRIDAY THE 13TH

ARTICLE BY: HISTROY.COM

**The Fear of 13.** Just like walking under a ladder, crossing paths with a black cat or breaking a mirror, many people hold fast to the belief that Friday the 13th brings bad luck. Though it's uncertain exactly when this particular tradition began, negative superstitions have swirled around the number 13 for centuries.

While Western cultures have historically associated the number 12 with completeness (there are 12 days of Christmas, 12 months and zodiac signs, 12 labors of Hercules, 12 gods of Olympus and 12 tribes of Israel, just to name a few examples), its successor 13 has a long history as a sign of bad luck. The ancient Code of Hammurabi, for example, reportedly omitted a 13th law from its list of legal rules. Though this was probably a clerical error, superstitious people sometimes point to this as proof of 13's longstanding negative associations.

**Fear of the number 13 has even earned a psychological term: triskaidekaphobia.**

### Why is Friday the 13th Unlucky?

According to biblical tradition, 13 guests attended the Last Supper, held on Maundy Thursday, including Jesus and his 12 apostles (one of whom, Judas, betrayed him). The next day, of course, was Good Friday, the day of Jesus' crucifixion. The seating arrangement at the Last Supper is believed to have given rise to a longstanding Christian superstition that having 13 guests at a table was a bad omen—specifically, that it was courting death. Though Friday's negative associations are weaker, some have suggested they also have roots in Christian tradition: Just as Jesus was crucified on a Friday, Friday was also said to be the day Eve gave Adam the fateful apple from the Tree of Knowledge, as well as the day Cain killed his brother, Abel.

### The Thirteen Club

In the late-19th century, a New Yorker named Captain William Fowler (1827-1897) sought to remove the enduring stigma surrounding the number 13—and particularly the unwritten rule about not having 13 guests at a dinner table—by founding an exclusive society called the Thirteen Club. The group dined regularly on the 13th day of the month in room 13 of the Knickerbocker Cottage, a popular watering hole Fowler owned from 1863 to 1883. Before sitting down for a 13-course dinner, members would pass beneath a ladder and a banner reading “Morituri te Salutamus,” Latin for “Those of us who are about to die salute you.” Four former U.S. presidents (Chester A. Arthur, Grover Cleveland, Benjamin Harrison and Theodore Roosevelt) would join the Thirteen Club's ranks at one time or another.

### Friday the 13th in Pop Culture

An important milestone in the history of the Friday the 13th legend in particular (not just the number 13) occurred in 1907, with the publication of the novel Friday, the Thirteenth written by Thomas William Lawson. The book told the story of a New York City stockbroker who plays on superstitions about the date to create chaos on Wall Street, and make a killing on the market. The horror movie Friday the 13th, released in 1980, introduced the world to a hockey mask-wearing killer named Jason, and is perhaps the best-known example of the famous superstition in pop culture history. The movie spawned multiple sequels, as well as comic books, novellas, video games, related merchandise and countless terrifying Halloween costumes.