

NEWSLETTER

WHAT'S HAPPENING

"Patience is not the ability to wait. Patience is to be calm no matter what happens, constantly take action to turn it to positive growth opportunities, and have faith to believe that it will all work out in the end while you are waiting."

ROY T. BENNETT

Dear Residents,

I hope you've all had a good week.

Although many of you might not be rugby fans I am sure nobody can ignore the "buzz" that has erupted prior to the big match between the Springboks and the All Blacks on Saturday. It is the first time these two nations are meeting in a Rugby World Cup final since that historic match back in 1995 in South Africa.

We might be celebrating into next week but we will also begin shifting our focus back to things not rugby-related. On Wednesday we will have the last music evening of 2023, and on Thursday it will also be the last 'Swigs' get-together for the year. As we step into November you will notice some activities are winding down. Sadly, the Rugby World Cup has come to an end - and along with it, the successful weekly pre-match dinners. Or so we thought...

The Evergreen Team and Social Committee have decided to maintain the momentum by continuing to host weekly Friday Night Resident dinners as we slowly transition back into the Clubhouse. To ensure the success of these events, we will have to maintain the same attendance we have had throughout the RWC. We will share more details in the coming week but these dinners will kick off the following Friday.

In this week's newsletter, we are getting Summer-ready and that means loads of snack platters between friends - see Food24's results from their Hummus taste test in "What's Cooking. In "Bottoms Up" you can read more about one of the most popular drinks in South Africa, the humble brandy and coke.

In "Did you know" we share a few customer habits that drive serving staff around the bend! Having worked in the food service industry for many years myself, I can tell you that often the quality of service you receive is determined but how you treat your waiter. So be kind to the good waiters out there.

In the "Sports Desk," we share two rugby-related articles - one about Springbok coach Jacques Nienaber, and one about Captain Siya Kolisi, an inspirational leader not only on the rugby field and to his teammates, but to the country as a whole.

As we fast approach the "what do you want for Christmas" season, we end off with 3 good reads in "Book Club".

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

What's Cooking

Hummus Taste Test: Best store-bought brand revealed

Bottoms Up

Brandy and Coke

Did You Know?

Waiter confessions: 8 customer habits that grind their gears

Sports Desk

Kolisi hails 'special coach' Nienaber

Siya Kolisi: An inspirational icon and one of rugby union's greatest leaders

Book Club

GREAT UNCLE-HARRY: A Tale of War and Empire, by Michael Palin

MY NAME IS BARBRA by Barbra Streisand

THE CAT WHO TAUGHT ZEN by James Norbury

ACTIVITIES & EVENTS

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

MON 30 OCT	11h30 HOUSE 24 AGELESS GRACE CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 31 OCT		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 1 NOV	11h30 HOUSE 24 AGELESS GRACE CLASS		
THUR 2 NOV		14h00 ART CLASSES	18h15 for 18h30 HOUSE 24 SWIGS WINE TASTING
FRI 3 NOV			
SAT 4 NOV		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
SUN 5 NOV		CLUBHOUSE LAWN BOULE	

ACTIVITIES & EVENTS

Music Evening

1 NOVEMBER | 19H00

PROGRAMME CHORAL MUSIC

MOZART REQUIEM
(SANCTUS AND COMMUNIO)

Orchestre National de France

Conductor James Gaffigan

2018

FAURE REQUIEM

Sinfonia Rotterdam

Conductor Van Alphen

2016

MOONLIGHT: UKRAINIAN SONG

Gimnazija Kranj Symphony and Choir

2022

MCCLACHLAN ANGEL

Stellenbosch University Choir

2020

MORGI AND ZIKODE JERUSALEMA

Stellenbosch University Choir

2020

RSVP AT RECEPTION OR ON EXT. 3200

WHAT'S COOKING



HUMMUS TASTE TEST: BEST STORE-BOUGHT BRAND REVEALED

RECIPE BY: FOOD₂₄

We explore top store-bought hummus picks for your snacking delight in this Food24 Taste Test.

Let's be honest: no snack plate or platter is truly complete without a generous dollop of hummus! While it's easy to make your own, store-bought hummus is the ultimate snack hack for a quick, convenient and nutrient-rich dip.

But the potential of hummus doesn't stop at snacks. You can spread it on your favourite sandwich instead of mayo or add a dollop to avocado toast for a delightful pairing with dippy eggs. The possibilities are endless, making this humble dip a versatile and sought-after item.

We evaluated factors such as smoothness, creaminess, and which brands offered well-seasoned hummus with a delightful blend of tahini, lemon juice and garlic.

Results

All four brands offered seriously good store-bought hummus options, and the results were remarkably close, especially between the first and second spots, with mere decimals separating them.

Each hummus brand delivered a unique flavour profile, but it was evident from the results that the tasting teams leaned more toward a hummus with a zesty lemony citrus pop.

1. SPAR Hummus

This sample was smooth and creamy, but what earned it the most praise was the fresh lemony kick it delivered! It was invigorating and well-balanced, with most tasters declaring it their favourite.

Regarding texture, some felt it could have been slightly thicker, with comments like, "This one is my current favourite because it has depth of flavour, but I wouldn't rate it 10/10 due to its slightly thin texture." Others said, "I really liked how lemony this one is – delicious. It's perhaps a little thin in texture but really good."

Other comments from tasters included: "Best sample, this one is my favourite. I like the lemon juice coming through," and "This was the clear winner for me. It had really nicely balanced flavours – a little sweetness, saltiness. Delicious!" and "Nice and punchy with a hint of sharpness. Pretty good."

This particular sample was purchased at the Deli counter at SPAR in Sea Point. Since this hummus was made in-house at the SPAR in Sea Point, other SPAR locations may have slight variations in flavour and texture.



Cost: R18.99 for 180g

2. Mediterranean Delicacies Deluxe Hummus

If you're seeking a luxuriously thick hummus with a rich cumin flavour, Mediterranean Delicacies should be your go-to store-bought hummus! While it's a bit pricier, it was delicious and, much like the SPAR sample, very well received.

Tasters noted that this sample was well-balanced and not just creamy but super creamy!

Comments from tasters included: "The second-best hummus; I loved the blend of flavours," and "A decent hummus – but it didn't have the 'lick-the-spoon' quality of sample C [SPAR]," and "Really good. The cumin comes through nicely in this one, and there's subtle tahini. Really delicious, actually," and, finally, "My favourite sample had a balanced flavour, perfectly seasoned, and also creamy."



Cost: R44.99 for 190g

3. Woolworths Hummus

Tasters found this sample to be wonderfully creamy. However, compared to the other hummus brands, some tasters found it utterly delicious, while others considered it a bit bland. This divided the tasters somewhat and ultimately affected the overall score of this sample.

Comments from tasters included: "I really enjoyed this one. It was super creamy, and the garlic isn't overpowering. I think this is a really good one, maybe even my favourite," and "A little bland," and "Not super fragrant, nice flavour, but has a canned chickpea aftertaste."



Cost: R36.99 for 180g

4. Checkers Deli Hummus

Tasters found this sample to be slightly less smooth and creamy compared to the other samples. They also noted that this sample was quite heavy on garlic, so if you're a garlic enthusiast, this hummus would definitely hit the spot for you!

Some tasters loved the garlickiness, noting, "Decent flavour, and I loved that it definitely had garlic," while others found it to be overpowering, saying, "It tasted quite garlicky, but I would say it's a good hummus. Maybe not that creamy – so marked down a bit on that, and I find the garlic overpowering."

Other comments from tasters included: "I found this hummus too salty and garlicky. When comparing it with the other samples, it was my least favourite. It left an unpleasant aftertaste," and "Tastes good," and "Slightly bitter aftertaste, uneventful."



Cost: R34.99 for 125g

BOTTOMS UP



WHAT IS BRANDY AND COKE CALLED?

ARTICLE BY: VENDINGPROSERVICE.COM

Brandy and coke is a popular cocktail that has been enjoyed by many for decades. But have you ever wondered what this classic drink is actually called? Is it simply brandy and coke or does it have a more formal name?

Well, the truth is that this beloved cocktail does indeed have a name, and it's one that you may not have heard of before. So, if you're curious about what brandy and coke is called, then keep reading to discover the answer and learn more about this timeless drink.

What is Brandy and Coke called?

Brandy and Coke is a popular mixed drink that is also known as a "Brandy Coke" or a "Jack and Coke" when made with Jack Daniels instead of brandy. The drink is typically made by pouring brandy over ice and then adding Coca-Cola. Some people also like to squeeze a lime wedge into the drink for added flavour.

History of Brandy and Coke

The origins of brandy and Coke can be traced back to the early 20th century. It is believed that American soldiers stationed in Cuba during the Spanish-American War first mixed brandy with Coca-Cola. They found the combination to be refreshing and a great way to mask the taste of the brandy. The drink quickly became popular among American soldiers and was eventually brought back to the United States. Today, brandy and Coke is a staple drink around the world.



The Ingredients

Brandy is a type of distilled spirit that is made from wine. It is aged in oak barrels, which gives it a unique flavor and aroma.

Coca-Cola, on the other hand, is a popular soft drink that is made from a combination of sugar, water, and caffeine. When these two ingredients are combined, they create a delicious and refreshing drink that is perfect for any occasion.

Brandy and Coke is known by several different names around the world. In the United States, it is commonly referred to as a “Brandy and Coke.” In the United Kingdom and other parts of Europe, it is known as a “Brandy and Cola.” In Australia and New Zealand, it is called a “Brandy and Coke” or a “B&C.” In South Africa, it is known as a “Brannas and Coke,” which is a reference to the popular South African brandy called Klipdrift.

The Benefits of Brandy and Coke

Brandy and Coke is a delicious cocktail that can provide several benefits when consumed in moderation. Brandy is known for its ability to promote relaxation and reduce stress levels.

It is also rich in antioxidants, which can help to protect the body from free radical damage. Coca-Cola, on the other hand, contains caffeine, which can help to increase energy levels and improve mental focus.

The Vs

While brandy and Coke can provide several benefits, it is important to remember that it is an alcoholic drink and should be consumed in moderation. Excessive consumption of alcohol can lead to several negative health effects, including liver damage, high blood pressure, and increased risk of certain cancers. It is important to consume brandy and Coke responsibly and in moderation.

The Recipe

If you want to make brandy and Coke at home, it is a simple and easy process. All you need is a glass, ice, brandy, and Coca-Cola. Fill the glass with ice, add a shot of brandy, and top it off with Coca-Cola. Stir well and enjoy!

The Verdict

In conclusion, brandy and Coke is a delicious and refreshing cocktail that is enjoyed by millions of people around the world. It is known by several different names and has a rich history dating back to the early 20th century. While it can provide several benefits when consumed in moderation, it is important to remember to drink responsibly and in moderation. So why not try making a brandy and Coke at home and enjoy this classic drink for yourself!



DID YOU KNOW?



WAITER CONFESSIONS: 8 CUSTOMER HABITS THAT GRIND THEIR GEARS

ARTICLE BY: EATOUT.CO.ZA

Customer service in the restaurant industry comes with a mix of challenges and delightful surprises. From picky eaters to generous tippers, local waitstaff share their candid views on the aspects that grind their gears.

Picky eaters

Jamie Penrith, 25, worked at popular restaurants in Kloof Street, Cape Town. She says one of the things that she doesn't like is when people ask for so many substitutions that it becomes a different meal. "Unless it's a really basic, easy one because of your [dietary] requirements, obviously," says Jamie, who adds that if you make so many edits that's a different dish, "... it's just inconsiderate towards the kitchen and all the prep that they do."

Bad tippers

"When customers request for me to help them, I give good service and then they don't even tip 5%. I know tipping is not a must, but it's upsetting for any waiter," says Rudy Reyneke, 35, who has worked as a bartender, waiter and manager in a few establishments in Cape Town. Jamie adds that it's annoying when customers are picky, make you work extra hard to serve them and then the tip is awful. "Think about the amount of extra work you made me do, which I went over and above for," she says.

Nathan Quickfall, 40, has worked in restaurants in the Northern Suburbs of Cape Town for many years and adds: "The worst is when they tell you your service was excellent and then give you 5%."

Whistling across the restaurant

Kerri Kruger, now 32, worked at a pub in Pretoria between the ages of 19 and -21 as a bartender, waitress and manager, and she got really annoyed at customers who tried to get her attention like this. "Every single service employee will tell you," says Kerri. "You have a nametag, introduce yourself at the table and greet the customers, and they still feel like they need to whistle at you from across the restaurant. Sticking your hand up and waving to get your attention is fine, but the whistling thing and snapping their fingers used to grind me."

Walkouts

Nathan says he hates people who dine and dash: "I'm not sure if everyone realises it, but it's the waiter who must foot that bill. The restaurant doesn't cover it."

Drunk customers who won't pay

"When people get drunk and suddenly have a problem paying their bill. I once had a table argue for an hour about how much their bill was and who needed to pay more and it got pretty heated. "That's not fun to deal with," says Rudy.

People who look down on them

"A lot of folks kind of look down on waiters. It's considered a menial job," says Nathan, who also points out that waiters don't get benefits like pensions and medical aid.

When people don't listen

"It's rude to ignore me while I'm talking. It's going to take two minutes of your time [to listen to me] and then you'll know the specials. Please don't ignore me," says Jamie.

Customers who don't know what they want

"I'm guilty of doing it too, but when people say they're ready to order and you stand there for another five minutes while they look at the menu again," says Jamie. "The last thing you have time for is to just stand there and stare at somebody else staring at the menu."



In the aftermath of the nailbiting World Cup semi-final victory over England, Bok captain Kolisi was asked about his relationship with Nienaber ahead of the upcoming farewell week.

“I was 18 years old. I was contracted with the Cheetahs and then I was able to go to Western Province. That is when I met Jacques,” Kolisi explained. “He and coach Rassie used to come to the institute, the Western Province Academy. That is where our foundation as a group [began].”

“When Jacques came it was the full contact there and you had to show who you are. Every time they came it was intense. I got to know him then and as I went on he became my senior coach and one thing I love about him is he goes far deeper than what is happening on the field. He got to know me, my family and why I do what I do. He speaks to us with human courtesy.”

“They don’t encourage us to tackle hard – we all know what that is. He knows my kids by name, asks me how I am doing as a person and that is why I can go and give him everything on the field because he cares about the person, he cares about Siya from the township. For the teams, especially in big moments, he talks about each and every player’s journey.”

“It is so special to be known as a person not just as an object or a rugby player. That’s what he brings to this team. And the fact that he allows families to be around, how much he loves to see our kids running around. I know some teams are not allowed to have families, but that is what he creates, that family environment. “I have enjoyed every single year that I’ve worked with him. The tough times too, when he comes and calls me out. He is always honest. I can’t explain how much I have enjoyed it.”

“He and coach Rassie [Erasmus] love the country. Wherever he goes, they are going to be lucky. The detail he puts in, it makes life so much easier. All I have to do is watch a screen to see what opportunities are there. He’s a special coach and a special human being, an amazing father and a great husband. I will always be thankful. When I first met him I couldn’t tackle.”

KOLISI HAILS ‘SPECIAL COACH’ NIENABER

ARTICLE BY: SARUGBYMAG.CO.ZA

Siya Kolisi says Ireland will be “lucky” to have Jacques Nienaber as the World Cup final marks the head coach’s final match in charge of the Springboks.

Nienaber will be joining the coaching group of Ireland’s top provincial side Leinster after the World Cup, having already signed a contract with the Vodacom URC giants before the tournament got underway.

This means that Saturday’s World Cup final against New Zealand will be Nienaber’s final match as South Africa’s head coach, bringing an end to his association with Springbok rugby, which has lasted over a decade.



SIYA KOLISI: AN INSPIRATIONAL ICON AND ONE OF RUGBY UNION'S GREATEST LEADERS

ARTICLE BY: PLANETRUGBY.COM

Siyamthanda Kolisi. A name that has become synonymous with the word 'leader' over the last six years, culminating in an influence that transcends the game itself.

From a young child with a dream to an icon that bleeds the colours of the South African flag, Siya Kolisi is set to rewrite the history books as the most capped Springbok captain at Rugby World Cups (12), surpassing the great John Smit (11).

Breaking ground

The man from Zwide township near Gqerberha in South Africa's Eastern Cape broke new ground in 2018, becoming the first black captain in the country's history. The significance of this moment cannot be overstated. In itself, it is a remarkable achievement, but in the context of South Africa's history, is it that much more impressive.

The Springboks were once viewed as a symbol of apartheid to the point where the name and emblem were very nearly abandoned when the regime came to an end in 1994. Fast-track a couple of decades, and there is a trailblazing figure, almost sobering in his honesty, humility and longing for people to work together as one. The reality is that it had to be that kind of person, considering the team was coming off a dreadful period in terms of not only poor form but also huge pressure over the transformation of the team. Of course, there were doubters and those who believed it was a wrong appointment – there always will be – but Kolisi never broke his stride, always unphased by anything negative outside of the team environment.

Transforming the symbol of a Springbok

The famous Rugby World Cup win of 1995, where Nelson Mandela shook Francois Pienaar's hand and handed over the trophy, united a nation, making the Springboks a permanent component of just about every South African's life. The years that followed saw the perception of the team change multiple times from the hard men of 2003 and Kamp Staaldraad to the gritty warriors of 2007 to the disconnection from 2016–2017. By the time Kolisi was given the armband, it was very clear the Springboks needed a new image, something fans and people of the country could relate to. The key element the great captain brought was honesty.

From the get-go, he acknowledged he would never be perfect and that he needed good leaders around him to be a good leader himself. Instead of taking it all on his own, he shared the load to align with the individual strengths within the leadership group. His approach brings to mind the African proverb, "It takes a village to raise a child", and in this case, the child was his team. Jump to 2023, and the group has a clear identity of who they are, and who they play for. The notion that it is a privilege to play on this stage rather than a pressure is so powerful as the team acknowledges the socio-economic struggles of the everyday South African. Suddenly Springbok fans feel like they have ownership of the team; it's no longer 'the team' it's 'our team' a phenomenon typified by the 'Stronger Together' and 'Stronger Forever' campaign used by the side for the last five years.

Beyond the game

Since the 2019 tournament, much has happened, including the unprecedented times of the Covid-19 pandemic that influenced the lives of so many around the globe. It was a time filled with restrictions to daily life across the world. It was also a period where Kolisi's true colours shone through. Instead of putting his feet up and adhering to government restrictions and waiting for the situation to improve, Kolisi and his wife Rachel kicked their newly founded organisation, the Kolisi Foundation, into overdrive. The pair, along with all those who partner and work with the foundation, got to work delivering food packs to communities in need. Whilst others stayed inside, Siya was one of those 'essential workers' striving to make a difference.

Feet on the ground development

The 2019 triumph came with a lot of publicity and fame for Kolisi, particularly as the pandemic's influence on the world eased. Not once did the superstar let this get to him; instead, he fostered his growing stature with the help of the Roc Nation Sports agency to give him a greater platform to make a difference. Of course, this is greatly helped by him continuing his form on the field and inspiring his teammates primarily.

The 2021 British & Irish Lions tour was played in front of no fans and, in many ways, had an eerie feel to it. Kolisi's leadership grew during that tour as the great Alun Wyn Jones used his experience to take a more commanding position in the referee's mind. This was highlighted by Rasse Erasmus' infamous video, but Kolisi learnt from that.

Over the next two years, one could see the flank improving the way he dealt with referees, as well as how effectively he communicated information back to his team.

Against the odds

Disaster struck in his swansong game for the Sharks earlier this year, where Kolisi suffered a serious knee injury, throwing his World Cup in doubt. It was a panic-filled time for Springbok fans who knew that despite the country having great loose forwards, no one could match up to the captain's influence. Kolisi went under the knife and put his head down. Suddenly, his forecasted return to play was being brought earlier and earlier with every injury update until he was cleared to play two games before the tournament and months before he was initially projected to return. There was great debate; is he actually fit? Will he get up to speed fast enough for the World Cup? Those questions evaporated in minutes as Kolisi took less than five minutes in his return to play a teammate in for a try, and he has not looked back since.

Tournament leadership

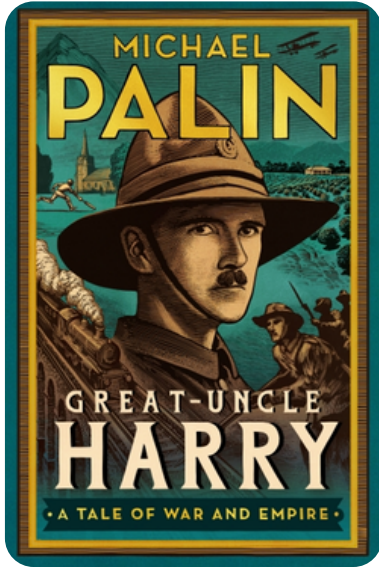
Kolisi has led tremendously well in the 2023 edition, with one instance in particular highlighting this. Manie Libbok was playing extremely well, but for a couple of games had been off the mark, with his goal-kicking attracting a lot of media interest.

With Libbok under the pump and even after head coach Jacques Nienaber had answered, Kolisi brought the attention to him and spoke passionately about how a team shares duties. When one is wobbling, another steps in. He emphasised the importance of being a unit. It was a heart-warming display of leadership. Now Kolisi has the chance to join Richie McCaw as the only captain to go back-to-back at the World Cup in what will be a monumental clash in Paris.

It all comes down to this, a massive moment in the historical context of the game with both sides having already won three titles.

Win or lose on Saturday, the legendary Siya Kolisi will go down as one of rugby union's greatest-ever leaders.

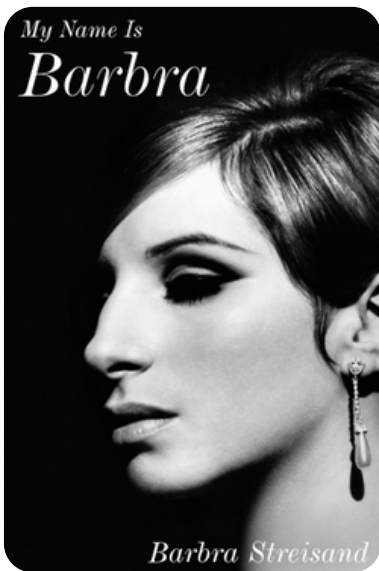
BOOK CLUB



GREAT UNCLE-HARRY: A Tale of War and Empire, by Michael Palin

Michael Palin recreates the extraordinary life and tragic death of a First World War soldier - his great-uncle Harry. From the time, many years ago, when Michael Palin first heard that his grandfather had a brother, Harry, who died in tragic circumstances, he was determined to find out more about him. The quest that followed involved hundreds of hours of painstaking detective work. Michael dug out every bit of family gossip and correspondence he could. He studied every relevant official document. He tracked down what remained of his great-uncle Harry's diaries and letters, and pored over photographs of First World War battle scenes to see whether Harry appeared in any of them. He walked the route Harry took on that fatal, final day of his life amid the mud of northern France. And as he did so, a life that had previously existed in the shadows was revealed to him.

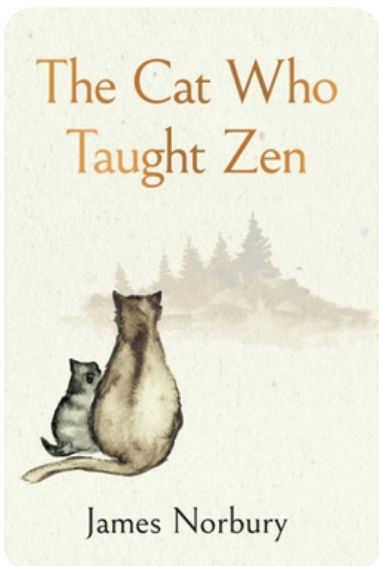
Great-Uncle Harry is an utterly compelling account of an ordinary man who led an extraordinary life. A blend of biography, history, travelogue and personal memoir this is Michael Palin at his very finest.



MY NAME IS BARBRA by Barbra Streisand

Barbra Streisand is by any account a living legend, a woman who in a career spanning six decades has excelled in every area of entertainment. She is among the handful of EGOT winners (Emmy, Grammy, Oscar, and Tony) and has one of the greatest and most recognizable voices in popular music. She has been nominated for a Grammy 46 times, and with *Yentl*, she became the first woman to write, produce, direct, and star in a major motion picture.

In *My Name Is Barbra*, she tells her own story about her life and extraordinary career, from growing up in Brooklyn to her first star-making appearances in New York nightclubs to her breakout performance in *Funny Girl* (musical and film) to the long string of successes in every medium in the years that followed. The book is, like Barbra herself, frank, funny, opinionated, and charming. She recounts her early struggles to become an actress, eventually turning to singing to earn a living; the recording of some of her acclaimed albums; the years of effort involved in making *Yentl*; her direction of *The Prince of Tides*; her friendships with figures ranging from Marlon Brando to Madeleine Albright; her political advocacy; and the fulfillment she's found in her marriage to James Brolin.



THE CAT WHO TAUGHT ZEN by James Norbury

From the bestselling author of *Big Panda* and *Tiny Dragon*, a new adventure featuring a wise cat, a curious kitten, and the Zen wisdom they uncover on their journey together.

This is the tale of a cat wise in the ways of zen who hears of a solitary ancient pine, deep in a maple forest, under which infinite wisdom may be found.

So begins a journey of discovery.

Along the way he meets a vivid cast of animals: from an anxious monkey and a tortoise tired of life, to a tiger struggling with anger, a confused wolf cub, and a covetous crow.

Each has stories to tell and lessons to share.

But after a surprise encounter with a playful kitten, the cat questions everything . . .