

NEWSLETTER

WHAT'S HAPPENING

“Any man worth his salt will stick up for what he believes right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error.”

ANDREW JACKSON

Dear Residents,

I hope you are all well and that you are looking forward to the weekend as much as I am.

Sadly the plans many of us had took a turn for the worse when the Proteas could not make it past the semi-finals of the Cricket World Cup. It will take a mammoth effort from the Aussies to beat an on-form India at home. Diehard cricket fans are welcome to come and watch the game in the lounge on Sunday.

For the rugby supporters, the URC continues and hopefully, more of the South African teams can find some form before the end-of-year break. And if that is still not enough sport, you can also enjoy an early Las Vegas Formula One Grand Prix on Sunday morning.

But back to village matters. I would like to thank everyone who supported our new and improved car wash service.

We are also in the process of planning all our year-end events so you can all look forward to a very jolly December. I realise there have not been any Christmas Lunches or New Year's Eve Dinners in the past, but I am sure many of you will be at home over the festive season so why not celebrate together? More on these events to follow next week.

In this week's newsletter, in 'Health Matters' we look at the "food-mood connection" and how what you eat can influence your mood positively or negatively.

In 'What's Cooking' we add some fresh summer flavours to a simple steak dinner, and in keeping with the summer theme, we take a look at two very simple summer drinks perfect for sundowners.

In 'Making Headlines' South Africa clearly loves chicken! We now have the 5th most KFC's in the world!

We end off with our last 'Classical Corner' for the year with a piece on another great composer, Felix Mendelssohn-Barholdy.

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

Health Matters

The Food-Mood Connection

What's Cooking

Wagyu steak with tropical chimichurri

Bottoms Up

Summer Sundowners

Making Headlines

South Africa has the fifth most KFCs in the world

Classical Corner

THE GREAT COMPOSERS – SERIES

Felix Mendelssohn-Barholdy
(1809 – 1847)

IT'S A CELEBRATION

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

BIRTHDAYS

23 NOVEMBER

JENNY WESSELS
- House 9 -

HANNELEN HAMMEL
- Apartment 111 -

ANNIVERSARIES

24 NOVEMBER

HANK & CHERYL PIENAAR
- House 30 -



ACTIVITIES & EVENTS

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

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

ACTIVITIES & EVENTS



Christmas Cake Raffle

 **HOW TO ENTER:**

Complete the entry form at Reception and select your ticket number.

Tickets are R50 per entry.
Number of entries are not limited.

The Draw will take place at this year's Christmas Dinner



ACTIVITIES & EVENTS

Cake for Good

Buy a delicious fruit cake and help

Victoria Hospital's
Abundant Life Palliative Care



only
R120

Traditional fruit cake (1kg) made with a generous portion of fruit. To place your order contact: Roger Cummins on Ext. 3020 or 082 379 8417

ACTIVITIES & EVENTS



For the past several years we have donated gifts to Hope House in Tokai. This year they are hoping for stationary and reading books (5-14 years). Be sure to wrap and identify your present with a small label to include whether it is for a girl or a boy and the age group.

Please drop your gifts at reception in the designated box.

The cut-off date is 30th November

Thank you in advance
for your support.

ACTIVITIES & EVENTS

CAR WASH

With the arrival of summer, the number of requests for car washes increased drastically and so we took this as an opportunity to upgrade the service. Our car washes will now include a professional quality car wash "shampoo" and interior polish.

Rather than charging per hour, we will also be applying a set tiered charge based on the size of the vehicle.

To book your car wash please contact reception on Ext. 3200

EXTERIOR WASH ONLY

**SML/MED CAR
R80**

**LRG CAR/SUV
R100**

EXTERIOR WASH, INTERIOR VACUUM AND POLISH

**SML/MED CAR
RT10**

**LRG CAR/SUV
R130**

HEALTH MATTERS



THE FOOD-MOOD CONNECTION

ARTICLE BY: HEALTH₂₄

"The connection between our brain and diet runs deeper, as the food we eat can also affect our mood. Join us in exploring the profound impact of the food we consume on our mental health, encompassing early childhood development, cognitive performance, focus, memory, and learning"

"As the field of nutritional psychiatry continues to gather momentum, a growing body of research points to direct links between nutrition and our gut, and how a poor diet and unbalanced microbiome can impact our mood by contributing to conditions like depression and anxiety."

EAT WELL TO IMPROVE MOOD

In a study published in the British Medical Journal, lead researcher Joseph Firth and colleagues explained that poor nutrition "may be a causal factor in the experience of low mood", and that improving diet may help protect mental health.

The researchers determined that the effects of certain foods or dietary patterns on glycaemia, immune activation, and the gut microbiome may play a role in the relationships between food and mood.

WESTERN-STYLE EATING IS RISKY

While the research team concluded that more research was needed to understand the mechanisms that link food and mental wellbeing and determine how and when nutrition can be used to improve mental health, it is clear that healthy eating patterns, such as the Mediterranean diet, are associated with better mental health than "unhealthy" eating patterns, such as the western diet.

This way of eating – a diet rich in vegetables, fruits, whole grains, fish, olive oil, and low-fat dairy, and a low intake of animal and processed foods – was also linked to a reduced risk of depression in a meta-analysis published in 2017.

The research also affirmed that "western-style" eating, which was characterised as a diet that includes "refined grains, sweets, high-fat dairy products, butter, potatoes and high-fat gravy, and low intakes of fruits and vegetables", may increase the risk of depression.

MAKING NEUROTRANSMITTERS

One way the food we eat impacts our mood is its effect on the probiotic bacteria that live in our guts.

Research has established a possible link with microbiome diversity and gut bacteria composition to depression and pinpointed specific probiotic strains that are associated with this condition.

The study published in Nature Communications identified 13 microbial groups (genera) and families linked with depressive symptoms. The researchers explained that these bacteria “are known to be involved in the synthesis of glutamate, butyrate, serotonin and gamma amino butyric acid (GABA), which are key neurotransmitters for depression.”

INFLAMING THE SITUATION

The other food-mood link relates to inflammation, as overly processed and refined foods, especially those that contain trans fats and refined sugar, can cause chronic inflammation that impacts the gut and brain.

While inflammation is a natural and necessary immune response to protect the body, when we are constantly subjected to stressors like daily stress, poor diets and toxins, among others, this response fails to turn off and results in chronic inflammation that can affect cells throughout the body.

And studies increasingly link inflammation and depression, with a 2020 study confirming that depression is “a pro-inflammatory state”.

Among participants suffering from depression, the researchers found elevated levels and reduced variability of inflammatory markers, including C-reactive protein and interleukin-12 (IL-12), a pro-inflammatory cytokine that regulates T-cell and natural killer-cell responses.

Evidence also links blood-brain barrier and gut barrier leakiness to “negative emotional symptoms reported in mood disorders, possibly through stress-induced inflammation”.

EAT YOURSELF HAPPY

A diet that contains the right combination and amount of macro- and micronutrients can support healthy brain function, structure and activity, with Mediterranean-style eating generally promoted as the ideal dietary approach.

The diet is rich in natural and minimally-processed foods, including vegetables, fruits, whole grains, natural oils, nuts, and fish and seafood, with only modest amounts of meat and dairy. This diet composition provides adequate essential fatty acids, particularly polyunsaturated fats like omega-3 that help to combat inflammation.

And a study published recently in the Journal Clinical Nutrition showed that eating a serving of nuts a day may help lower a person's risk of depression by 17%, as nuts contain phytochemicals that could be associated with anti-inflammatory and antioxidant properties, which are linked to improved mental health.

In addition, the lean protein in Mediterranean-style diets provides the amino acids needed to produce neurotransmitters while the various vitamins and minerals it contains support energy production. Antioxidant vitamins also help protect brain and gut cells from the free radical damage and oxidative stress that can contribute to chronic inflammation.

GOOD MOOD FOOD:

- Fish, predominantly cold-water fish like salmon, sardines, and mackerel
- Vegetables like leafy greens, Brussels sprouts, legumes, beans and lentils
- Whole grains including quinoa, rye, buckwheat and oats
- Nuts and seeds
- Eggs

AVOID OR LIMIT THESE FOODS TO HELP IMPROVE YOUR MOOD:

- Simple carbohydrates and refined sugars
- Manufactured and trans fats
- Processed meats
- Foods that contain additives and preservatives

It is important to understand that your diet is only one aspect of mental health, and mood disorders are often complex and multi-faceted. If you experience depression or anxiety symptoms or have general concerns about your mental well-being, seek help from a qualified healthcare provider to develop a personalised treatment plan.

WHAT'S COOKING



WAGYU STEAK WITH TROPICAL CHIMICHURRI

RECIPE BY: FRESH LIVING MAGAZINE

This premium cut of meat is known for its generous marbling of fat so we've paired it with a fresh and zesty sauce to balance it out. (it can be replaced with a more price conscious cut of meat)

INGREDIENTS:

2 wagyu steaks (such as porterhouse or ribeye)
Salt and milled pepper

CHIMICHURRI:

- ½ punnet (10g) fresh coriander
- ½ punnet (10g) fresh parsley
- 1-2 red chillies, deseeded and chopped
- 2 cloves garlic, grated
- ⅓ cup (80ml) olive oil blend
- Juice (60ml) of 1 lemon
- Juice (30ml) of 1 lime
- ⅓ fresh pineapple, finely chopped

METHOD

- Take steaks out of the fridge 30 minutes before braaiing, remove from vacuum packaging and cover with a clean tea towel.
- Prepare hot coals – you should be able to hold your palm just above the grid for 5 seconds.
- Season steaks generously.
- Sear steaks over high heat, cooking just 2 minutes a side for a medium-rare steak. (Because of the high fat content, this meat cooks quicker than normal beef steaks, so be careful not to overcook it.)
- Set steaks aside to rest for 10 minutes.
- Combine chimichurri ingredients. (Make this sauce just before serving to retain its bright colour and zesty flavours.)
- Serve steak with chimichurri.

GOOD IDEA:

For a tropical sauce that packs more flavour, add ¼ cup (60ml) finely diced or sliced firm papaya or kiwi. Also, braai the pineapple chunks before chopping them – this sweetens the pineapple slightly and adds a smoky flavour to your sauce.

BOTTOMS UP



SUMMER SUNDOWNERS

ARTICLE BY: FOOD₂₄

APPLE & CRANBERRY GIN AND TONIC

INGREDIENTS

- ice
- 50ml gin – chilled
- 250ml Rhodes Quality Apple & Cranberry 100% Fruit Juice Blend – chilled
- 2 x 200ml cans Indian tonic water – chilled
- lime slices – to garnish
- cranberries – to garnish

METHOD:

- 1.Fill two tall glasses $\frac{3}{4}$ of the way full with ice.
- 2.Add half of the gin to each glass.
- 3.Add half of the Rhodes Quality Apple & Cranberry Juice to each glass.
- 4.Fill to top of the glass with tonic water.
- 5.Garnish with lime slices, cranberries and serve with a straw, if desired.

CRANBERRY APPLE PUNCH

INGREDIENTS

Fruit syrup

- 250ml Rhodes Quality Apple & Cranberry 100% Fruit Juice Blend
- 250ml sugar

Punch

- 750ml Rhodes Quality Apple & Cranberry 100% Fruit Juice Blend
- 250ml Rhodes Quality Orange 100% Fruit Juice Blend
- 500ml soda water

Garnish

- sliced apples and oranges, cranberries

METHOD:

1. Fruit syrup: place the Rhodes Quality Apple & Cranberry Fruit Juice and the sugar into a small saucepan.
- 2.Bring to the boil, stirring until the sugar dissolves.
- 3.Continue to boil over high heat for 8 minutes or until the syrup is thick enough to coat the back of a spoon before cooling.
- 4.Punch: in a large pitcher mix together the Rhodes Quality Apple & Cranberry Fruit Juice, the Rhodes Quality Orange Fruit Juice, and the soda water. Refrigerate until serving.
- 5.To serve, fill glasses with ice, pour in a teaspoon of the fruit syrup, add the fresh fruit slices and serve.

MAKING HEADLINES



SOUTH AFRICA HAS THE FIFTH MOST KFCs IN THE WORLD

ARTICLE BY: DAILY MAVERICK

Kentucky Fried Chicken (KFC) is the most prolific fast-food brand in South Africa, with the American fried chicken giant boasting 1,052 stores in the country – the fifth-largest market globally.

KFC first opened its doors 75 years ago when the famous Colonel Harland Sanders created a recipe for fried chicken with a list of 11 secret herbs and spices scratched out on the back of his kitchen door. Today, the company still follows this recipe in its 27,000 restaurants in over 145 countries and territories around the world. KFC has rapidly grown, with a new restaurant opening somewhere in the world every six hours.

South Africa has not been excluded from this growth, as the American fast-food giant now has 1,052 stores in the country.

However, its growth in South Africa has been far from easy. KFC had to contend with international sanctions and stiff local competition.

KFC launched in South Africa in 1971 and grew quickly around the country. This growth was halted in 1987 as the company was forced to divest its outlets and trademarks to a South African holding company called Devco.

This was after the US Congress passed a law forbidding American companies from owning South African assets due to the government's policy of Apartheid.

KFC continued to earn an administrative fee from Devco, and its 120 franchisee-owned stores were unaffected.

The company reacquired its former assets when sanctions were lifted in 1994. By then, there were around 300 KFC outlets in the country.

KFC has since grown into South Africa’s largest fast-food outlet, with 1,052 stores in the country, according to its owner Yum! Brands’ financial results for the third quarter of 2023.

Only 49 are directly owned by the company, and the other 1,003 are franchisee-owned. The company has grown by 44 stores in the past year.

The fried chicken giant is also the most popular fast-food brand in the country, with 10 million South Africans eating there at least once in the past four weeks, according to a study by Eighty20.

KFC has been owned by Yum! Brands since 1986, which brought together KFC, Pizza Hut, and Taco Bell in one company.



Pizza Hut also has stores in South Africa, albeit a meagre 49, while Taco Bell has none.

KFC’s largest markets
China is KFC’s largest market by some distance, with the company having 9,917 stores in the world’s second-largest economy.

In second place is the United States, which has 3,890 stores and in third is Japan, with 1,210 stores.

South Africa has rapidly grown to become KFC’s fifth-largest market with 1,052 stores, ahead of more developed countries such as the United Kingdom and Germany, which have 1,001 and 200 stores, respectively.

Below is a table of KFC’s top 10 markets, according to Yum! Brands’ financial results for the third quarter of 2023.

COUNTRY	STORES
China	9,917
United States	3,890
Japan	1,210
Thailand	1,053
South Africa	1,052
United Kingdom	1,001
India	950
Malaysia	770
Australia	759
Indonesia	749

CLASSICAL CORNER



THE GREAT COMPOSERS – SERIES FELIX MENDELSSOHN – BARTHOLDY (1809 – 1847)

ARTICLE BY: PETER LEVER

INTRODUCTION

Born to a wealthy Jewish Hamburg family named Mendelssohn, his parents converted to Christianity to minimise the perceived prejudice against Jews in Germany even at that time; they changed their surname to Bartholdy as part of that process. As a youngster, the talented Felix (FMB) excelled as an artist, poet, athlete and linguist as well as being a musician. Between the ages of 12 and 15 he composed twelve string symphonies, a piano quartet and his first symphony for a full orchestra.

Considered by many to be as talented a composer as Mozart and Beethoven, Felix (FMB) sits in the Early Romantic Period yet much of his musical writing shows a distinct link to the earlier writings of Bach particularly when looking at his religious works later in life

His almost precocious talent resulted in his earlier works being extremely tuneful to the ear and musicians generally find his works very enjoyable to play – they become progressively more difficult technically however, especially by the time he wrote his famous Octet for strings (a double string quartet ensemble) which he composed at the tender age of 16. Unlike many of his predecessors, it is often said that by coming from a wealthy family background he never had to struggle enough and, in consequence, his best works were composed in his early life and never progressed in the same way as Mozart and Beethoven, for example.

He married Cécile Jeanrenaud in 1837 and they had five children. It is perhaps quite significant that several of FMB's works are familiar to people who only have a limited interest in "classical music" – this is a tribute to the pleasant tunefulness of several of his well-known works. How many of us do not know the Wedding March from "A Midsummer Night's Dream"? This in no way diminishes the quality of his compositions and, indeed, much of his work requires a high standard of musicianship to play well, both from a technical viewpoint as well as interpretation skills. A good example of these two requirements can readily be seen in my link to the String Octet as follows:



[**CLICK HERE
TO LISTEN TO:
STRING OCTET**](#)

FMB was fortunate to have been able to travel internationally with regularity including to France, Italy and Britain – in fact, his music was well known in England in particular and he was held in high regard by Queen Victoria and her husband Albert. Visits to Scotland influenced him to write very descriptive music – one was his Symphony No3 (The Scottish) but more famous is the Overture "The Hebrides", more familiarly known as "Fingal's Cave" which you will instantly recognize via the link below.



[**CLICK HERE TO LISTEN TO:
OVERTURE "FINGAL'S CAVE"**](#)

He spent time in Paris but did not feel any great affinity there – he felt uncomfortable with which he considered to be an affected and trivial high society. In contrast, his time spent in Italy gave him great satisfaction – probably his most well-known symphony is No4 (The Italian) which is my final link. I have deliberately chosen a performance by the Leipzig Gewandhaus Orchestra conducted by Kurt Masur. In 1835 FMB was appointed as the Music Director of this orchestra, a position he held until his death in 1847. Under him it increased in reputation and today remains one of Europe's finest orchestras. His output of music continued throughout his life but one work in particular, the Oratorio "Elijah", took nearly 10 years to complete – as major choral works go, its reputation is right up there along with Händel's "Messiah".

FMB seemed to have had a happy marriage to Cécile (the daughter of a French clergyman) and enjoyed a healthy life until his last three years. A final tour of England left him exhausted and ill. He died aged 38 after a series of strokes.



[**CLICK HERE TO LISTEN TO:
SYMPHONY NO4 "THE ITALIAN"**](#)