

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
Lifestyle
at lake michelle

"Only those who risk going too far can possibly find out how far they can go."

T.S Eliot

Dear Residents,

I hope you all had a good week.

Despite the wind doing its best to keep everyone indoors I am happy to report that we had our best-ever attended Quiz Night last night with a total of 145 seats filled. Thank you to everyone who participated and especially to Mike Chiles and Norma Roos for putting together yet another incredibly enjoyable event.

This week we have a jam-packed newsletter for you.

There are few things that taste better than freshly baked bread so take a look at a marvelously versatile and easy 4-ingredient dough recipe with which to satisfy your carb cravings!

In the health section read more about how your personality is linked to a risk of dementia and cognitive decline and in this week's local attraction, take a leisurely stroll through through Kalk Bay and it's history.

In the news headlines you can decide for yourself what is art and what is vandalism while reading about the UK Council being pressured to return the "Banksy Freezer". Coupled with this find out who Banksy is and what is known about this anonymous graffiti artist.

For the readers, we look at three new best sellers. A Day of Fallen Night by Samantha Shannon for those who want to escape to a fantasy world, Living in Two Worlds by Ian McCullum & Ian Michler, the tales of a 5000km must-read journey and last but not least the living legend, Ina Paarman shares her favourite recipes.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

WEEK 8

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 On The Menu

Delicious meals on offer this week!

Bon Appétit

Easy 4-ingredient dough recipe

Health & Wellness

Your personality is linked to risk of dementia and cognitive decline

Did you Know

Walking through Kalk Bay's history

Making Headlines

UK council returns Banksy freezer

Who is Banksy? What we know about the anonymous graffiti artist

Book Club

A Day of Fallen Night by Samantha Shannon

Living in Two Worlds by Ian McCullum & Ian Michler

My Favourite Recipes by Ina Paarman

ACTIVITIES & EVENTS

MON 20 FEB	TUE 21 FEB	WED 22 FEB	THUR 23 FEB	FRI 24 FEB	SAT 25 FEB	SUN 26 FEB
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 8 & 22 FEB CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI ACTIVITY ROOM 1	10H00 SALES EVENT LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h00 BRIDGE ACTIVITY ROOM 2	11H00 LINE DANCING ACTIVITY ROOM 1		
GAMES ACTIVITY ROOM 2		FROM 09H00 MOBEE WASH BASEMENT (BOOK AT RECEPTION)	14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM

UPCOMING EVENTS

FEBRUARY

MOBEE CARWASH - 22ND

MARCH

DINNER SERVICE - 3RD, 10TH, 17TH, 24TH, 31ST

MOBEE CARWASH - 8TH & 22ND

PSG TALK - 16TH

ST PATRICK'S PUB NIGHT - 17TH

BINGO NIGHT - 23RD

MOVIE - 29TH

POTJIEKOS COMPETITION - 31ST

CONTACT DETAILS

STRETCH CLASS - SUE 072 212 0277

AQUA AEROBICS - RENATE 082 519 443

GAMES - CECILE EXT. 2011 / NORMA EXT. 2089

CALLENETICS - LOUISE EXT. 2143

BRIDGE - CECILE EXT. 2011

TABLE TENNIS - RONNIE EXT. 2035

GOLF CROQUET - NORMA EXT. 2089

CHRISTIAN FELLOWSHIP - JOHN EXT. 2018

LOW IMPACT CARDIO - LOUISE EXT. 2143

TÁI CHI - ROBERT EXT. 22129

KNITTING GROUP - JEN EXT. 2026

BACK CARE YOGA - CLAIR 083 453 5539

SALON - JANINE 073 294 9655

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

20 FEBRUARY

IAN WRENCH - Noordhoek

23 FEBRUARY

KEN SYMMONS - Noordhoek

25 FEBRUARY

NICK JOOSTE - Noordhoek

ANNIVERSARIES

22 FEBRUARY

PHILLIP & SUZANNE CADMAN - Noordhoek

25 FEBRUARY

NICK & MONICA JOOSTE - Noordhoek

MIKE & ANN JUDGE - Noordhoek



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

DAILY MEAL

ORDERS BY 12H00

MON 20 FEB	BEEF TERIYAKI STIR-FRY AND EGG NOODLES	FISHERMAN'S PIE SERVED WITH SIDE SALAD
TUE 21 FEB	PULLED PORK CROQUETTES, BARBEQUE SAUCE, WHITE RICE & GREEN SALAD	CHICKEN CASSEROLE, BROWN RICE & SIDE SALAD
WED 22 FEB	SMOKED SALMON & SPINACH PASTA WITH SIDE SALAD	BEEF CURRY, SAVOURY RICE, SAMBALS & POPPADOM
THUR 23 FEB	HUNGARIAN PORK GOULASH, WHITE RICE & SIDE SALAD	SMOKED CHICKEN, MOZZARELLA & ROASTED RED PEPPER QUICHE WITH GARDEN SALAD.
FRI 24 FEB	TURMERIC BATTERED FISH & CHIPS WITH SIDE SALAD	SPAGHETTI BOLOGNAISE WITH SIDE SALAD

DAILY MEAL - R65 | SUNDAY LUNCH - R125 (LAMB R145)

REMINDER

There will be no dinner service on Friday 24 February. There will also be no Bistro service from Saturday 25 February to Tuesday 28 February.

Service will resume on the 1st of March. All the information relating to the new catering service provider, menus and operational changes will be shared in the coming week.

BON APPÉTIT



EASY 4-INGREDIENT DOUGH RECIPE

FOOD24: by Bashiera Parker, in Baking tips and tricks, Cooking Guides and Tips

From pizza bases to fresh rolls, you can prepare and enjoy this dough recipe every which way and any which way.

I'm always looking for quick and easy recipes, especially late in the afternoon when I'm running out of time to prepare supper. But not only do I seldom have the time to wait for yeast to work its magic, on a personal note, I don't have the confidence either. Putting all my eggs in one basket, hoping my dough will rise, or that I haven't put too much yeast into my mixture that I end up tasting it – the unpredictability, the uncertainty, the sheer fragility of it all, the yeast-life is not for me.

Instead, let me share with you my super-versatile four-ingredient dough recipe. From flatbread, to pizza bases, fresh rolls and even doughnuts tossed in cinnamon and sugar, you can prepare and enjoy this recipe every which way and any which way – and, excuse the pun, it won't let you down.

- 2 cups all-purpose flour
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 2 cups double cream yoghurt

In a bowl, add your flour, salt and bicarbonate of soda, and mix together. Add your yoghurt (when measuring, add slightly less than a full-cup amount at a time, but more on that below)

and bring your mixture together with your fingers. Work through it a bit with your hands, but it's not necessary to knead it.

You'll be left with a fairly wet dough that sticks to your fingers. When you get to rolling out your dough, make sure you use a well-floured surface and rolling pin – and you can add oil to your hands to make working with the dough a little easier too. Bake your dough in the oven or fry it off, according to what you're making. The two ingredients in this recipe that make all the difference are the bicarbonate of soda and the yoghurt. In place of the all-too-unpredictable yeast is your bicarb – your leavening agent – that ensures your dough will rise. In your flatbread or pizza base, it will create little bubbles when fried in the pan or baked in the oven, resulting in an airy, light bread or base.



As in most recipes, the bicarb reacts with an acidic agent to make the dough rise. In this particular recipe, that agent is the yoghurt. In the same way buttermilk, for example, works with bicarb in many a cake recipe, the yoghurt reacts, but also tenderises the gluten in your dough, ensuring you get a soft, fluffy and light final product. When your dough first comes together, however, you're going to want to add more flour due to the wet and sticky nature of the mixture – hence the note to add just a little less than a full cup of yoghurt. But the more flour you add to the mixture, the denser and heavier it becomes. Try to stick to the recipe and instead flour your work bench and oil your hands. Once you've mastered the basics of this recipe, you can do so much with it. I've ventured into aloo parathas and chili-cheese flatbread. Not to be dramatic or anything, but this four-ingredient recipe changed my life.

HEALTH & WELLNESS



YOUR PERSONALITY IS LINKED TO RISK OF DEMENTIA AND COGNITIVE DECLINE

A study involving nearly 2,000 people found links between personality traits and the likelihood of moving toward or away from dementia.

Our personalities shape our behaviour and thought patterns, influencing our physical and mental health. But do some personality traits influence the progression toward or away from dementia? A new study finds that conscientiousness protects against moderate cognitive impairment, whereas neurotic people experienced more years of cognitive decline. The findings provide a novel understanding of how personality traits can hasten or slow the transitions between cognitive statuses and death.

Picture two individuals. The first is highly organized, with excellent self-discipline and an extensive collection of post-it notes. The second is a bit more frazzled, worried, and emotionally unstable. Now, let's turn time forward to view our subjects in their upper 70s. If you had to guess, which person do you think might be suffering from cognitive decline – maybe even dementia?

It turns out that a lifetime of being organized and productive might protect the brain. In situations of high stress and anxiety, the brain might be working harder. Experienced consistently across an average lifespan, that condition can damage the brain. These two sets of behavior reflect one of many personality differences that researchers know can add up to influence health outcomes.

A new study from the American Psychological Association, published in the *Journal of Personality and Social Psychology*, suggests that certain personality traits also affect the cognitive decline of older adults. Led by author Tomiko Yoneda from the University of Victoria, the researchers found that individuals with high conscientiousness were much less likely to develop dementia. Further, they had more capacity to recover from moderate impairment. Neurotic individuals – people more prone to stress and worry – were more likely to plunge into cognitive decline, and to stay there.

The researchers leveraged data from nearly two decades of annual assessments taken on nearly 2,000 older adults to estimate the association between personality traits and the risk of cognitive decline. This model structure allowed the researchers to assess the entire pathway of cognitive impairment. It provided new insights on how the progression of each stage influences the other, and how personality might play a role in regulating all of it.

THE ROLE OF PERSONALITY

Your personality acts as an internal compass. Throughout your life, it guides you toward or away from certain behaviours and thought patterns – factors that over a lifetime might harm or benefit your health, resilience to disease, and longevity.

A common way to assess personality is to rank an individual according to the Big Five personality traits: extroversion, agreeableness, openness, conscientiousness, and neuroticism. Because we all have personality – and a vested interest to live – we all want to know how personality traits affect the quality and span of our lives. The question has implications for policymakers, doctors, and researchers who work in public health.

The association between personality and lifespan has gotten a lot of attention, resulting in a broad understanding that personality does matter. For example, conscientious individuals, who tend to be highly organized and self-disciplined, are less likely to engage in violence and drug use. They are also more likely to have a healthy diet and to exercise well. On the other hand, neurotic individuals, who may be naturally prone to anxiety and stress, are likelier to turn to short-term relief involving drugs, alcohol, or even violence. Plus, chronic stress is associated with lower brain volume and other biological markers of cognitive decline.

BUILDING A MODEL

To examine the association between personality traits and cognitive health, researchers analyzed data from 1,954 participants in the Rush Memory Aging Program. This program tracks and studies the mental and physical health of older adults (average age of 80) living in the greater Chicago region. It began in 1997, when participants without a dementia diagnosis were recruited from senior housing facilities, church groups, and other organizations.

As part of the program, the participants received one personality assessment through the NEO Five Factor Inventory. Each trait is scored, with a higher score indicating higher levels of each trait.

A composite score between 0 and 48 rated traits like neuroticism and conscientiousness. Scores from 0 to 24 measured extraversion, the trait that defines how much an individual enjoys and seeks out social engagement. Participants also receive annual assessments across a variety of biological and neurophysiological variables. In exams of cognitive impairment, each individual is diagnosed as having either no cognitive impairment, mild to moderate cognitive impairment, or dementia.

For their study assessing personality traits and cognitive impairment, the researchers also considered covariates like sex; education; and history of illnesses such as heart disease, stroke, vascular disease, and depressive symptoms. Females comprised the vast majority of participants (74 percent).

The authors thought of impairment as a three-staged process. It proceeds from normal health toward moderate decline and eventually ends in dementia. They fit this information into a statistical model called multistate survival modeling, which discriminates between the effects of factors at different stages of impairment and allows for an individual to move forward and backward between stages. For example, the researchers were especially interested in the transition from normal brain health to moderate decline, and the potential recovery away from cognitive impairment back to normal health.

Out of the five key personality traits, they studied conscientiousness, neuroticism, and extraversion. They asked whether any of these traits were associated with progression toward dementia, and away from it.

IT PAYS TO BE ORGANIZED

The results of the models were unequivocal: Individuals who scored higher on measures of conscientiousness had a decreased risk of cognitive impairment, whereas subjects that scored higher in neuroticism suffered the opposite fate. The latter were more likely to move forward through the stages of cognitive impairment.

Extraversion scores had a more complex association with cognitive decline. According to the model, the most extroverted individuals received no special protection against cognitive impairment. However, once these individuals developed moderate levels of impairment, they were more likely to recover, suggesting that higher extraversion might cause these individuals to seek out help. Once dementia sets in, these benefits are already exhausted.

Overall, women were less likely to experience cognitive decline than men, and higher education was associated with a decreased risk of cognitive impairment. None of the personality traits were associated with life expectancy.

PERSONALITY CAN ONLY DO SO MUCH

Most of the significant associations that the researchers found concerned the initial onset of cognitive impairment. The transition toward dementia and death was not associated with any specific personality trait. When taken as a whole, these results demonstrate that people developing minor or moderate cognitive impairment have a chance to reverse the process, and that personality might tip the scales toward recovery or further impairment. However, once dementia sets in, the effects of personality fade.

In fact, of the 1,954 individuals studied, only 114 went from dementia to moderate impairment, and only 12 recovered fully. On the other hand, 725 individuals, or 37 percent of the study's participants, returned to exhibiting no discernable levels of cognitive impairment after being diagnosed with minor to moderate issues.

A COMPELLING STORY

The researchers were not able to assess how the other two traits in the Big Five (agreeableness and openness to experience) affect cognitive decline, though we know both traits are associated with improved health. The data also came from a very educated, very female, and very white population. Introducing measures of openness and agreeableness on a more diverse dataset would improve the generalizability of the study and broaden our understanding of how personality traits affect the transitions between cognitive statuses and death. Additionally, the researchers pointed out that personality might change in older adults, especially those whose brains are experiencing physical changes. According to the researchers, "although personality traits are relatively stable after 30, more substantial personality change may occur during the progression to dementia."

Still, the robust method and large sample size paint a compelling story – a story backed by hundreds of papers studying the influence of personality. If you want to live a long, healthy life, it helps to be more diligent, organized, productive, and calm. It might even help you more than eating your broccoli.

DID YOU KNOW?



WALKING THROUGH KALK BAY'S HISTORY

Artist and teacher Traci Kwaai tells the stories of the fishing community that has inhabited the area for generations, focusing on a history that is otherwise whitewashed.

Traci Kwaai meets a tour group at the lighthouse on the edge of the Kalk Bay harbour. The panoramic view, cushioned by mountains and ocean, makes it the perfect vantage point.

The artist's historic walking tour sheds light on the original history of the charming fishing town, Kalk Bay, on the False Bay coast of the Cape. Kalk Baai means "Lime Bay" in Dutch, referring to the mussel shells burned to make lime for construction.

Kwaai started the tours in mid-January this year, and has been running them every Sunday. She relies on them for income, alongside selling apparel and accessories that tell a story, from her brand Aweh Kaapstad. Her T-shirts that read *The Sea Is In Our Blood* refer to the words spoken by the legendary late Kalk Bay fisherman Jacobus Alfred Poggenpoel as captured in the documentary *Cosmopolitan Kalk Bay Fishers*, in which he says, "All my family were fisherman ... But before I became a fisherman I worked in the post office for about six years after school ... but as they say, if the sea is in your blood, there's nothing you can do, besides get back to the sea."

As we sit, she discusses the area's history in detail, only occasionally referring to small notes. We move through spatial and geographic history. She is a masterful storyteller. Her ancestry is intertwined with the history of Kalk Bay, "My great, great grandmother was baptised in the old Anglican chapel in 1856," she says.

Countless voices have been silenced and written out of South Africa's history books. Today, Kalk Bay is known for its picturesque scenery, sea views, cobblestone roads, boutique stores and million-rand properties. But this narrative is misleading. There are two stories that need retelling: one of the sea and fisherman, and the other of the politics of the land.

A FISHERS' HISTORY

Fishing boats provide the backdrop of Kwaai's storytelling, as fishermen head out to find their catch of the day. One of the skippers of the *Marion Dawn* greets her as he manoeuvres the boat out into the ocean. This is her cousin, she says. Kwaai grew up with many family members who were fishermen. The fishing community is essential to Kalk Bay's history, continuing traditions passed down over centuries. Fishermen from the Cape had their own particular style of skilled hand-line fishing. Those brought over as enslaved labourers, such as the Indonesians who arrived in the 17th century, were also skilled fishermen. The tour starts with old tales from the sea and moves to the present. For instance, the *langanas* (traders who bought the fish and sold them from their wagons) continue to trade today in the Cape where *snoek* is sold from the back of *bakkies*. Kwaai also speaks about an enduring fishing myth that hanging a *seevarkie* (boxfish) in one's house will predict wind direction and rain, allowing fishermen to plan their trips.

“Do you know why they’re called Southern Right Whales?” Kwaai asks the tour group. “Because they were the right whale to hunt.” This whale species was nearly eliminated by the greed of the British and other settlers who moved through the region hunting whales between 1806 and 1850. Massive tubs sat on the beachfront in which whale blubber was processed.



The fish population in the bay has similarly been affected by overfishing. “You could catch cob and snoek and yellowtail in that harbour. You didn’t have to get onto a boat to catch fish,” Kwaai says. Now, local fishermen have to travel much farther out to fish, and new laws and quota restrictions further affect them. The dwindling marine life that has been almost entirely fished out of the bay shows the entwined effects of capitalism and colonialism. As Kwaai notes, the subsistence-fishing community would “catch only what they need”.

A SPATIAL DIVIDE

Kalk Bay was first established around 1742 as a mini port for Dutch sailors. The town is divided into three areas: Die Land (with the Fisherman Flats on the mountain slopes), Middeldorp (the middle region) and Die Dam (an area bordered by affluent homes). The book *A Traditional Way of Life* details the historic composition of the area. The San people were the original inhabitants. The first outsiders to arrive were Muslim slaves from Indonesia and Malaysia who were brought to the Cape by the Dutch East India Company in the 17th century.

Following them were deserters from around the world who jumped ship. Later the British arrived and brought slaves. Large high-rise flats that form part of Die Land were the fishermen’s homes. Many of the same families still live there. Die Land is also exceptional because the people categorised by the apartheid government as coloured were allowed to remain in the area even under the Group Areas Act of the 1950s. They were given a 15-year respite since they had to be close to their boats.

Unusual too was that some of the white community, such as members of the ratepayer association and the Black Sash, supported the fishers’ bid to stay. Today the mixed-heritage community continues to fight for their land.

Die Land is where Kwaai grew up, and she takes us past her childhood home. These simple single-room apartments would be home to many family members. As the real estate value in the area increases, these families are threatened with displacement.

The Group Areas Act ensured that the rest of Kalk Bay was declared a whites-only area in 1967. Many of its original descendents who were not fishermen living in Die Land were forced to sell their homes and move to other designated areas in the Cape. The fishing community is the only one that remains intact. It stands defiant next to multimillion-rand properties.



COMMUNITY

A community ethos strengthened bonds among the fishermen of Die Land.

Large families with little money meant communal ties were built on a sense of sharing, blurring ethnic and religious barriers. Kwaai described having boeka (breaking fast) during Ramadan and celebrating with the traditional warm milk drink of boeber with her Muslim friends. The taste is palpable as she describes the drink.

“When there was no food in the house, my mother would put on her boots and go down to the rocks to pick alikreukel,” she says, describing a type of snail found on the rocks with which a stew could be made. “We only took what we needed,” she adds.

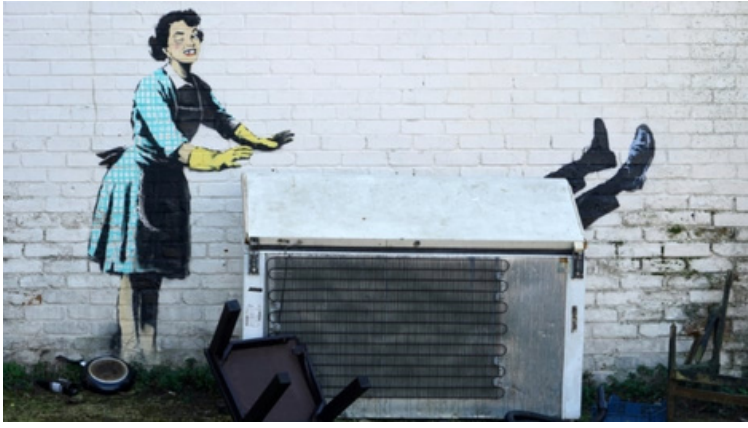
Every passerby seems to know her and greets her as they walk by. The tour is also a tribute to the elders of this diverse community. Many who knew the area’s history have since died. Kwaai often refers to a maternal family member who raised her called Aunty May, who was a central figure in the community. She lived to 101. She also tells a story about her great grandfather who was referred to as the octopus king for his ability to catch octopuses without using bait. Kwaai knows the ancestry of all the families in the area, and she needs no prompting to break down an entire lineage. Among the original Filipino community who settled there was Nicholas (Klas) Menigo, who walked to the area from Simon’s Town. Kwaai mentions that his great grandson Neil Menigo is still around, living in the original family home. Later on during the tour we bump into him and he greets the group.

The tour includes a personal history that comes to represent Kalk Bay itself. Kwaai, who is also a teacher, emphasises giving a voice to the community’s stories. She spent a lot of time digging through archives to retell these narratives, centring silenced voices in a repressed history – as most of these stories about her community, she says, “have been told and written by white people”. Now, the tour allows for these old tales to be told with renewed passion and commitment.

Article by Atiyah Khan



MAKING HEADLINES



UK COUNCIL RETURNS BANKSY FREEZER

LONDON - A chest freezer forming part of a work by British street artist Banksy was returned on Wednesday a day after its removal by the local council for "health and safety" reasons.

The mural appeared in Margate in southeast England on Tuesday, depicting a 1950s-style housewife with a swollen eye and a missing tooth seemingly shoving her male partner into a real chest freezer. Despite protests from locals taking pictures of the mural, at the end of a terrace of houses in a rundown part of the seaside town, council workers turned up to throw the freezer into a van.

The local council announced on Wednesday however that it had returned the old appliance. "The freezer which council operatives removed from the Banksy installation in Margate has now been made safe," said a statement from Thanet District Council, which administers Margate.

"It has been returned to its original position at the site of the artwork today." The council said it had had to remove the freezer to carry out works to it "for health and safety reasons". The council acknowledged that Banksy had raised an important issue in dealing with domestic abuse in his latest work.

It was in touch with the owner of the property to find out what they intended to do to preserve it, it added. The elusive Banksy, whose true identity remains unconfirmed, posted three images of the work -- which he entitled "Valentine's Day Mascara" -- on his Instagram account.

Two of the images were close-ups showing the woman, wearing a blue pinafore and yellow washing-up gloves, smiling but seemingly with a battered face.

WHO IS BANKSY? WHAT WE KNOW ABOUT THE ANONYMOUS GRAFFITI ARTIST

Every time a piece by Banksy appears people get very excited. His work can fetch well over £1 million and is known all over the world. In fact he's just revealed new artwork for Valentine's Day - a girl firing red plastic flowers from a catapult on a house wall in Bristol. But what do we really know about the mystery artist?

WHO IS BANKSY? AND WHEN HE DID FIRST APPEAR?

We don't exactly know. Banksy is a famous - but anonymous - British graffiti artist. He keeps his identity a secret.

Although a lot of his art is produced in public places, he usually only reveals it's his after it has appeared on his social media. A lot of his art is done in a particular style which people can easily recognise.

Although lots of people have tried to guess who he is, his identity has still not been revealed. Banksy first got noticed for spray-painting trains and walls in his home city of Bristol during the early 1990s. Street art and graffiti can be considered criminal damage, so in the beginning it's thought the artist stayed anonymous to keep out of trouble. In the beginning his pieces were mainly in Bristol, but in the 2000s his artworks started appearing all over the UK and other parts of the world.

WHAT IS BANKSY'S STYLE?

Banksy chose to use stencils to create his pieces, probably because it's a faster way to paint. He was influenced in his early days by a French graffiti artist called Blek le Rat. Blek le Rat is considered to be the father of stencil graffiti and people sometimes confuse the work of the two artists. Banksy doesn't only do street art, he's produced drawings, paintings and installation pieces. He even created his own theme park called Dismaland.



WHAT IS HE TRYING TO SAY WITH HIS ART?

Banksy's work is known for delivering political messages. In December 2019, he raised the issue of homelessness with a mural showing two reindeer that appear to be pulling a sleigh. A 2018 piece in Port Talbot he made a piece showing a boy catching what appears to be snowflakes but is in fact ash from a fire. This is thought to be about the problem of pollution.

HOW MUCH DOES BANKSY'S WORK COST?

Banksy's work is very valuable and can go for thousands of pounds. Lots of people who love what he does, and are willing to pay a lot for his work. At auction in 2008 a piece of work called Keep It Spotless was sold for just over £1 million.

In the same year, a mobile home that had a piece of Banksy artwork on it was given a £500,000 price tag. This was because of the artwork that it had on the side.

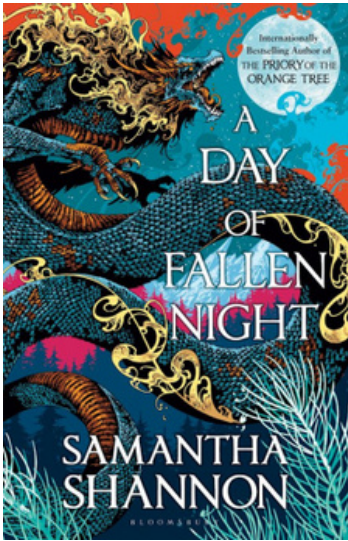
Banksy has often made clear that he doesn't like his work selling for so much money. In 2008, a painting went for £1 million before destroying itself in front of a surprised and horrified auction house.

And because many people consider street art to be vandalism, some of his work was painted over as soon as it appeared. Sometimes graffiti artists put their own work over it. Because of this when a Banksy does appear the owner usually covers it up with plastic sheeting to protect it.

There is a debate about why Banksy's work can be protected as 'art' when other graffiti artists are prosecuted and sometimes even put in prison for doing the same thing. When Banksy leaves his artwork on buildings, there can sometimes be arguments about who owns the pieces and what should be done with them, as they are very valuable.

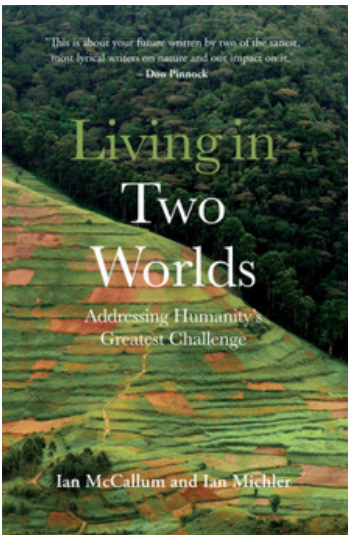
Sometimes people want to sell them to raise money for a cause, while others think the works should be left to be enjoyed by others.

BOOK CLUB



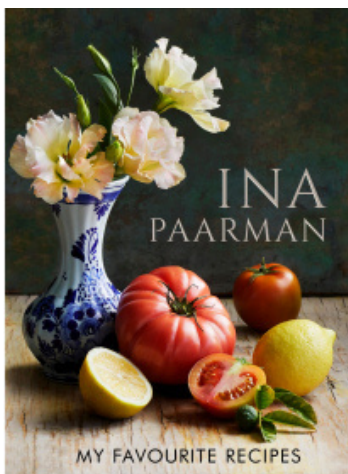
A DAY OF FALLEN NIGHT, BY SAMANTHA SHANNON

For fifty years, she has trained to slay wyrms – but none have appeared since the Nameless One, and the younger generation is starting to question the Priory's purpose. To the north, in the Queendom of Inys, Sabran the Ambitious has married the new King of Hroth, narrowly saving both realms from ruin. Their daughter, Glorian, trails in their shadow – exactly where she wants to be. The dragons of the East have slept for centuries. Dumai has spent her life in a Seiikinese mountain temple, trying to wake the gods from their long slumber. Now someone from her mother's past is coming to upend her fate. When the Dreadmount erupts, bringing with it an age of terror and violence, these women must find the strength to protect humankind from a devastating threat. Intricate and epic, A Day of Fallen Night sweeps readers back to the world of A Priory of the Orange Tree, showing us a course of events that shaped it for generations to come.



LIVING IN TWO WORLDS, BY IAN MCCALLUM & IAN MICHLER

Living in Two Worlds is the result of a four-month, 5 000 km non-motorised journey – walking, kayaking, and cycling – by authors Ian Michler and Ian McCallum through six countries across southern Africa, from the Atlantic Ocean in the West to the Indian Ocean in the East. The insights that emerged from this epic journey form questions that demand to be answered by all human beings in the years to come; questions that highlight the greatest ecological challenges of our time – the answers for which will determine the fate of our existence on the only home we know – our planet Earth. The authors explore these questions using multiple vignettes and their shared concern for the fate and welfare of wild animals and habitats of the world. In these explorations, fact – backed by solid research – meets philosophy to form a compelling and undeniable call to action.



MY FAVOURITE RECIPES, BY INA PAARMAN

Ina Paarman's My Favourite Recipes is a book for the head, the hand and the heart, featuring 100 of her all-time favourite recipes, beautifully photographed by Micky Hoyle. In between, Ina lets you in on her love affair with food, over a 50-year career – from the ups and downs to tips and advice. The focus is on fresh seasonal produce, and her clear, nurturing style of writing recipes and explaining techniques ensures stress-free cooking.