

*"Individual commitment to a group effort - that is what makes a team work, a company work, a civilization work."*

Vince Lombardi

Dear Residents,

I hope you all had a good week.

On Wednesday the Bistro will re-open "under new management". I am happy to advise that there will be very little change in the catering team. Many of you have been asking if there would be any way to keep the familiar faces and as promised, we have done our best. The existing team will be joined by Tania Green who takes over management of the village catering services. Once we have ensured a smooth transition you will also see a few new faces join the team.

You will notice that the menus have some familiarity to them. This is also to ensure a smooth transition but I can assure you there are many exciting menus and great food to look forward to.

You are all welcome to visit the Bistro from Tuesday to set up your accounts. It is also an opportunity for Tania and the team to explain how you will be able to manage your meal bookings and account.

In this week's news newsletter you can read all about that one confectionery you either love or hate - liquorice. Find out what it is and where it comes from.

In the health page find out more about a natural technique called Body Stress Release and how this uninvasive treatment can help you function better.

Also read more about a unique approach to low cost housing by Heineken (yes, the beer guys), and a big thank you to Peter Lever who has agreed to help with the revival of a page we use to have in our newsletter called "Classical Corner".

Anyone wishing to make contributions or suggestions to the newsletter can contact me directly.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

## WEEK 9

### 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

What is liquorice and where does it come from?

#### Health & Wellness

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#### Did you Know

Heineken WOBO: A Beer Bottle That Doubles as a Brick

#### Classical Corner

The Great Composers

# ACTIVITIES & EVENTS

MON 27 FEB	TUE 28 FEB	WED 1 MAR	THUR 2 MAR	FRI 3 MAR	SAT 4 MAR	SUN 5 MAR
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLNETICS</b> ACTIVITY ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	10h00 8 & 22 FEB CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	09h15 <b>AQUA AEROBICS</b> POOL		
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1			
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	<b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		12H00 <b>SUNDAY LUNCH</b> BISTRO
<b>GAMES</b> ACTIVITY ROOM 2			14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
				18H00 <b>FRIDAY NIGHT DINNER</b> BISTRO		

## 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

CALLNETICS - 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

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

## BIRTHDAYS

### **27 FEBRUARY**

LORRAINE INNES - Noordhoek  
ANNEMARIE DALY - Noordhoek

### **28 FEBRUARY**

MARGARET THOMAS - Lake Michelle

### **29 FEBRUARY**

MARION DE BOER - Noordhoek

### **1 MARCH**

YVETTE COUVREUR - Lake Michelle

### **3 MARCH**

NANCY BROWN - Noordhoek

### **4 MARCH**

GAYLENE MILLER - Noordhoek  
BRIAN GOLD - Lake Michelle

### **5 MARCH**

MICHAEL SANDERS - Noordhoek  
CEDRIC JACKSON - Noordhoek

## ANNIVERSARIES

### **27 FEBRUARY**

MILTON & LORNA KIRSTEN - Noordhoek



# WHAT'S ON THE MENU?

# MENU

## DAILY MEALS - R65

### MONDAY

*Bistro service resumes on Wednesday,  
1 March 2023*

### TUESDAY

*Bistro service resumes on Wednesday,  
1 March 2023*

### WEDNESDAY

Pulled pork phyllo parcel, potato bake & baby  
carrots & peas

OR

Beef moussaka, garlic roll & beetroot salad

### THURSDAY

Braised ox liver, creamy mash, onion gravy,  
roasted butternut & sautéed green beans

OR

Creamy Chicken a la King, herbed white rice &  
garden salad

### FRIDAY

Tempura battered hake, chips & paprika mayo  
with broccoli & sweet pumpkin

OR

Grilled BBQ chicken fillet, chips, onion rings  
with broccoli & pumpkin.

### SATURDAY

Sesame beef strips on egg noodles & Asian  
style stir-fry vegetables with a garden salad

OR

Mediterranean roasted vegetable, chickpea &  
cous cous salad with feta cheese

## THE BISTRO

OPEN DAILY 08H00 - 17H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

## BREAKFAST - R65

### FULL HOUSE

Grilled beef sausage and bacon served with  
your choice of 2 eggs, fries & 2 slices of toast &  
preserves

### EGGS BENEDICT

English Muffin, topped with rocket, 2 poached  
eggs, salmon & Hollandaise sauce

## DINNER MENU - R95

### SIRLOIN STEAK

200G sirloin steak with mushroom or  
peppercorn sauce, hand cut chips & a choice of  
side veg or salad.

### CHICKEN SCHNITZEL

Panko crumbed chicken with mushroom or  
cheese sauce, hand cut chips & a choice of side  
veg or salad.

### HAKE & CALAMARI

Grilled or deep fried with lemon butter sauce,  
hand cut chips & a choice of side veg or salad.

### BARBEQUE RIBS

400G barbeque pork ribs steak, hand cut chips  
& a choice of side veg or salad.

## SUNDAY LUNCH - R125 / R145

### MAIN COURSE

Roasted leg of lamb with whole grain mustard  
sauce, pumpkin fritter, roasted potatoes,  
creamed brussel sprouts & baby onions

### DESSERT

Apple & ginger crumble with ice-cream



# BON APPÉTIT



## WHAT IS LIQUORICE AND WHERE DOES IT COME FROM?

article source: Food24

**Liquorice lovers from around the world have enjoyed their favourite, either sweet, salty, bitter or flavoured, over the ages. This 'black gold' is so popular that 12 April is celebrated as National Liquorice Day and yearly festivals are held in Pontefract in the UK, Stockholm (Lakritsfestivalen), Copenhagen (Lakridsfestival) and the Lakritsi- & Salmiakifestivaalit in Finland. Today it is best known as a confectionery product, but the sweet taste is also used to mask unpleasant-tasting medicines and the extracts are used in the tobacco, cosmetic and brewing industries, as well as in liquor making to flavour both alcoholic and non-alcoholic drinks.**

### THE LIQUORICE PLANT

The unmistakable, unique bittersweet taste comes from anethole – this is a sweet-tasting compound found in anise and fennel, although the plants aren't related. Even if there are over a dozen varieties of liquorice, each with their own particular flavour according to the variety, the plant is known by its Latin name *Liquiritia officinalis*. The shoots and leaves are edible, but the roots are most important as they contain glycyrrhizin, which is 50 times sweeter than sugar. But the sweetness is different from sugar, being less instant, sharp and longer lasting. The quality and sweetness of the root depends on a six to 14% glycyrrhizin content. Liquorice also contains bitter substances, which partly mask the sweet taste, as well as vitamins E, B1, B2, B3, B6, B9, biotin, lecithin, manganese, niacin, pantothenic acid, phosphorus, zinc and other trace elements.

Liquorice can be an ornamental plant in your garden with light green foliage and blue or pale violet and white flowers appearing in late summer. But don't confuse true liquorice with other plants with common names like 'liquorice plant', which is known as *Helichrysum petiolare*. Cultivation can be difficult as the liquorice shrub has the traits of an intrusive weed and needs careful management. The sandy soil around Pontefract in West Yorkshire was believed to be particularly suitable for cultivation, as the cold English climate prevented the plants from flowering, which made the liquorice roots even sweeter. In England it takes five years to harvest liquorice, while in most of Europe it takes only three to four years to mature. Otherwise the plant is prevented from flowering and both the downward-running roots and runners are harvested, after the branches are trimmed off. Until the late 19th century, Spain grew most of the world's liquorice and it was believed to have been brought to England in the Middle Ages by Spanish monks. Today cultivation on a commercial scale is done in Turkey, Iraq, Spain and Italy.

'Black liquorice' describes in general black-coloured confectionery flavoured with liquorice extract (even anise for cheaper commercial versions), made in the form of chewy ropes, twists or tubes mostly. While 'red liquorice' is a favourite more in Australia and the USA, it doesn't contain any liquorice extract and is a fruit-flavoured chewy confectionery only.

### LIQUORICE PRODUCTION

The liquorice roots harvested are washed, cut into smaller pieces, covered and then dried naturally for four to six months to reduce the moisture content from 50% to 10%. The dark outer layers of the roots are peeled off before drying and the peeled yellow liquorice is also used for pharmaceutical purposes. These cleaned, dried roots are shredded in ten-times-their-volume hot water of 60°C by centrifuge in machines. The resultant liquid is left to settle and decanted into evaporating pans to be concentrated at a controlled temperature. This extract is transferred to steam-heated kettles with revolving scrapers, but the evaporation continues until the extract is about 75% of its volume with 18 to 25% moisture with a pulp formed. The pulp is again filtered and concentrated, and poured into blocks while hot. These blocks are left to cool and dry to a thick, black tar-like mass with an overpowering flavour and called block liquorice. Other extraction methods involve grinding the woody roots to a yellowish-brown powder that can either be used as it is or mixed with water.



### LIQUORICE THROUGH THE AGES

Liquorice roots, twigs, leaves and flowers were used in Chinese medicine as early as 2800BC to assist in gastrointestinal absorption and boost the effects of other herbs. A large quantity – well preserved – was found in the tomb of pharaoh Tutankhamun from 1350BC in Egypt. Even today Egyptians drink erk sous, made from liquorice root, sold by street vendors in Cairo, which is believed to strengthen the immune system. Even the Greek philosopher Theophrastus of Lesbos was known to use it in 300BC to treat asthma, dry coughs and chest complaints.

Throughout history, liquorice roots were chewed to reduce thirst when water was scarce. Chewing the root until all the juice is extracted and it leaves a bitter taste acts on the salivary glands to remove thirst. Glycyrrhizin is the active principle in the root that promotes sodium and water retention, reducing the sensation of thirst. The army of Alexander the Great used this method during long marches. Hannibal fed his elephants liquorice root when he took them over the Alps and it is noted that Arabs gave it to their camels on the desert camel trains.

During the 13th century, liquorice extract combined with honey was used as medicine in Europe for coughs and sore throats, and by the 17th century it was still prescribed for chest complaints. Only by 1750 did liquorice start to be seen as a confectionery in England, France and Italy.

### TYPES OF LIQUORICE AROUND THE WORLD

All over the world each nationality has its own favourite type of liquorice. In the Netherlands the Dutch are the world's largest consumers of drop liquorice in different types and flavours like mint, menthol or honey. Drop sweet liquorice and Drop Zout liquorice are soft and sweet, soft and salty, hard and sweet or hard and salty. In Britain the liquorice confectionery enjoyed includes comfits and torpedoes (liquorice encased in a coloured hard sugar shell), liquorice allsorts (these black liquorice sweets sandwiched in coloured sugar paste are a known favourite in South Africa

as well), pipes, twists, wands, pinwheels and chewy stamped Pontefract cakes. While in Italy, unsweetened liquorice or liquirizia is consumed in the form of sticks or small black pieces made from 100% pure liquorice extract, with a bitter and intense flavour. Other favourites there include telephone cables (long, thin strips of sweet liquorice), Senatori alla Violetta (violet-flavoured liquorice pastilles), Sassolin (sugar-coated strong liquorice that looks like small pebbles) and chewy berry-shaped Morette all'arancia flavoured with orange juice.

Scandinavia is the ultimate destination for salty liquorice lovers, with liquorice-only shops dotted in the cities of Denmark, Sweden and Norway. Anything liquorice is sold here – from liquorice chips, liquorice wafer biscuits, liquorice ice cream and of course all types of liquorice sweets. Salty liquorice, especially the type found in these regions, can be a shock to your palate: a sharp, sour, pungent flavour that keeps a tingle on your tongue. It is such a strange taste to get used to that it even got a place in the Disgusting Food Museum in Malmö, Sweden. Known as salmiakk or saltlakrits in Norwegian and saltlakrids in Icelandic, in Finland this salty liquorice is called salmiakki. It is also a popular destination for Lakkris Kulur, which are chocolate-covered black liquorice balls, which give the sensation of a crunchy outer chocolate shell with a smooth and chewy liquorice centre.





# HEALTH & WELLNESS



## BODY STRESS RELEASE UNLOCKING TENSION - RESTORING SELF-HEALING

### WHAT IS BODY STRESS RELEASE?

Listen to your body... The Body Stress Release technique is built on the premise of using the body as highly sophisticated biofeedback system. The practitioner interprets the body's reflex response to accurately ascertain sites of stored tension and muscle contraction. Once the source of the body stress has been identified, the practitioner performs the release with a series of gentle precise movements that stimulate the nervous system and activate the body's self-healing response.

### WHAT IS BODY STRESS?

Disruption of natural healing "When normal stresses and strains reach the point of overload, tension may become locked into the body's physical structures. Over time this accumulative progression of body stress exerts pressure on the spinal nerves and may result in pain, numbness, muscle weakness, stiffness, distorted posture and impaired functioning."

When the body fails to adapt effectively to stressful circumstances stress overload is

reached and the muscles may involuntarily clench in protective action. This muscular response is usually the body's attempt to reduce mobility or limit movement of an affected joint, tendon or tissue.

When normal stresses and strains reach the point of overload, this tension may become locked into the body's physical structures. This stored tension is known as 'body stress'. Over time this accumulative progression of body stress exerts pressure on the spinal nerves and may result in pain, numbness, muscle weakness, stiffness, distorted posture and impaired functioning.

At first one may just gradually feel fatigued but later pain, stiffness, or numbness may set in. The effects may vary, but the result could be a slow decline in overall health.

Sometimes stored body stress is so severe that even just one small movement can set off a severe cascade of painful symptoms. Body stress needs to be effectively and precisely released to encourage and restore normal functioning to stop the cycle of stress overload and compensation.

### CAUSES OF BODY STRESS (or stress triggers)

#### EMOTIONAL / MENTAL STRESS FACTORS

Every day we are exposed to an onslaught of Emotional, Mechanical and Chemical Stresses.

Mental stress factors include fear of the future, financial worries, competition in the work place or even disintegrating family relationships. At times we experience sudden violent emotions, such as anger or shock, or we undergo milder but on-going forms of mental strain, e.g. anxiety, depression and resentment.

We may become aware of the physical effect of emotional pressures, as the diaphragm, jaw, neck and shoulders tighten in a defensive posture, to armour us against the onslaught of life's stresses.

To reduce emotional/mental stress in our lives, we need to learn to consciously relax when we feel ourselves becoming tense.

It is also advisable to seek out whatever activities and techniques help us as individuals, to approach emotional balance and inner peace e.g. meditating.

### **MECHANICAL / PHYSICAL STRESS FACTORS**

The body is designed to withstand a certain amount of physical force – bumps, jerks and falls, but if the mechanical stress goes beyond the body's limit of adaptability, the effects may become stored as body stress. The causes may be sudden and violent, such as a car accident, a severe fall, or lifting a heavy object incorrectly. Or, there may be a gradual accumulation of milder mechanical stress, e.g. habitually sitting incorrectly, or doing inappropriate exercises.

We can reduce mechanical stress by improving our posture, by sitting, bending and lifting correctly and avoiding potentially harmful exercises. Obviously it is helpful to pursue moderate and sensible forms of exercise to strengthen muscles e.g. a brisk walk for 20 to 30 minutes every day.

### **CHEMICAL STRESS FACTORS**

The sources of chemical stress may include pollutants in the air, insecticides and certain food additives, preservatives, colorant and artificial growth hormones. Harmful chemicals may be consumed, inhaled, or even absorbed when coming into contact with the skin. Examples of chemical stress may be severe headaches and nausea, to name but two.

To minimise chemical stress, it makes sense to follow a balanced and varied diet. Eat foods in forms as close as possible to their original state and choose those containing the fewest additives. We should avoid exposure to harmful substances, by minimising skin contact and being careful not to inhale sprays.

### **SO HOW DO WE FIX THIS? AND WHY USE BODY STRESS RELEASE AS AN EFFECTIVE TOOL?**

Body Stress Release is a safe, natural technique which is suitable for everyone, from infants to the elderly. It prompts the body to naturally heal itself by releasing accumulated body stress.

### **THE BSR CONSULTATION**

The Practitioner will take a clear case history before doing the initial body stress assessment. Once the sites of stress have been mapped out and located, the practitioner performs a series of releases. This is done with a thumb or finger with a slight pressure or impulse. This initiates an organised sequence of messages to the brain, alerting it to the stored tension and encouraging the body's self-healing response. The process is light but precise – the body doesn't require a forceful stimulus to respond. As a result the BSR technique may be used across all ages and levels of health from the very young to the infirm.

As BSR is a process, initially three appointments are made for a new client. Then, depending on the body's responses to the releases, the client is advised regarding follow-up appointments.

During a consultation the practitioner takes the case history details, making notes of past accidents, fractures and operations, as well as establishing what the client is experiencing at present.

Most people consult a BSR practitioner when seeking pain relief, especially for lower-back, leg, shoulder and neck pain and headaches. These symptoms are all noted, as they provide insights as to where the tension may be stored in the body. After attending to the client the practitioner explains the relevance of the sites of body stress, using charts to link possible cause and effect, e.g. a person with numb hands can see on the nerve chart the connections from the painful lower neck to the hands.





# DID YOU KNOW



## HEINEKEN WOBO: A BEER BOTTLE THAT DOUBLES AS A BRICK

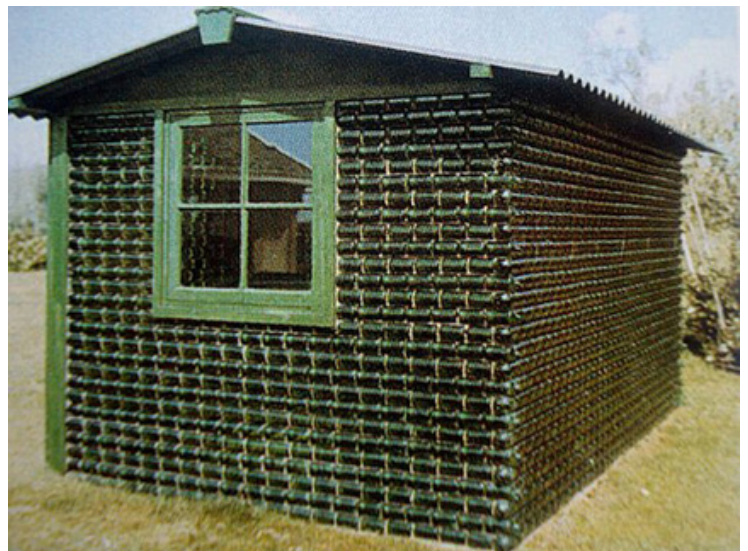
Mr. Heineken's idea came after a visit to the Caribbean where he saw two problems: beaches littered with bottles and a lack of affordable building materials. The WOBO became his vision to solve both the recycling and housing challenges that he had witnessed on the islands.

The final WOBO design came in two sizes – 350 and 500 mm versions that were meant to lay horizontally, interlock and layout in the same manner as 'brick and mortar' construction. One production run in 1963 yielded 100,000 bottles some of which were used to build a small shed on Mr. Heineken's estate in Noordwijk, Netherlands. One of the construction challenges "was to find a way in which corners and openings could be made without cutting bottles," said Mr. Habraken.

Despite the success of the first "world bottle" project, the Heineken brewery didn't support the WOBO and the idea stalled. Interest was reignited in 1975 when Martin Pawley published

Garbage Housing which included the chapter 'WOBO: a new kind of message in a bottle.' Heineken once again approached Habraken who teamed up with designer Rinus van den Berg and designed a building with oil drums for columns, Volkswagen bus tops for roof and the WOBO bottles for walls, but the structure was never built.

Today, the shed at the Heineken estate and a wall made of WOBO at the Heineken Museum in Amsterdam are the only structures where the 'beer brick' was used. As to the remaining WOBO's it's not clear how many exist, or where, but the idea, even some four decades later, remains a lasting example in end-use innovation.



# CLASSICAL CORNER



## THE GREAT COMPOSERS

BY PETER LEVER

I have been invited by Riaan Gouws to contribute some articles for the Village Newsletter under the general category of “Classical Music” which I am happy to do on a monthly basis.

Strictly speaking, the Classical period sits between the Baroque and Romantic eras but the semantics are of no consequence; these articles will illustrate the personal life and music output of composers ranging from Vivaldi through to Elgar and covers a time frame from the early 18th to early 20th centuries. The difficulty will not be choosing the composers and selecting examples of the music, but how to describe them in a very short article each time.

### Niccolò PAGANINI (1782 – 1840)

Of all the composers I intend to write about, Paganini is probably the least known to most of you – yet he is undoubtedly the most interesting, enigmatic and controversial of them all. His music may not necessarily be the finest when compared with the musical genius of Mozart or Beethoven, yet it has two great qualities: the tunes are attractive and the technical demands for playing on the violin are of such difficulty that only the very finest players dare risk live performances.

Born in Genoa, Italy, Niccolò was a weak child and the family poverty and poor hygienic conditions of the time did little to alleviate the hardship of his early life. At the age of four he suffered a seizure and fell into a deep coma. After twelve hours a physician pronounced him dead and preparations began for his funeral. His mother, a devout Catholic, knelt in prayer with the body which was wrapped in a shroud when suddenly his tiny hand moved – he was still alive! However, from that day forward his health was always erratic and added to his future difficulties. His father, who worked in the harbour, was naturally musical and played the mandolin. Niccolò showed interest in playing and, taught by his father, made rapid progress and then took to the violin, the tuning and fingering being similar on both instruments.

As with Mozart, the father quickly saw an opportunity for the family to make some badly needed money and became a strict disciplinarian to develop his son’s talent. Despite the shortage of funds, his father realised that professional tuition was needed and soon Niccolò was receiving tuition in exchange for playing regularly in the local cathedral. He quickly progressed technically including composing his own works – his fame had begun and quickly spread. Fortunately, word of mouth from the right contacts resulted in new tutors which, together with his own dedicated hard work eventually meant a move to Parma for the very best tuition at the time; incredibly he was also developing his own unconventional playing technique and was blessed by having superb sight-reading ability (meaning that he could play unfamiliar music perfectly on first sight of it). By the time he was 20 he managed to move away from the control of his father and was constantly travelling around performing at concerts and his reputation as a musician preceded him everywhere – this life inevitably also introduced him to other pleasures and he soon developed a reputation as a womaniser (hardly surprising at his age) and it stayed with him all his life.

He was given a magnificent gift of a Guarneri violin by a wealthy amateur violinist after performing on it at a concert in Leghorn. This violin, the Guarnerius del Gesu, had a large booming sound and was nicknamed by Niccolò as The Cannon – now retained in Gerona, winners of the annual violin competition there are allowed to give one performance on it.

Paganini was so far ahead of any other violinist at the time (and probably for a century afterwards) that many could not believe that this was a combination of natural talent, dedicated practicing and new techniques that he invented. Stories started to emerge that he was in league with the Devil. One of the explanations about his individual playing techniques is that he suffered from Marfan's Syndrome (spider-fingers) resulting in long, thin fingers which have rubbery joints. This enabled him to develop playing techniques that nobody else at the time could ever understand or copy. One of the tricks that he is rumoured to have used regularly would be to partially cut one, or even two of the higher strings on the violin ("A" and "E") so that they would break during a performance. He would continue to play using the lower strings to produce the same high notes which involves playing right up at the very top of the finger-board near the bridge of the violin (together with the relatively lesser-known aspects of harmonics). Not to be forgotten also were his superior bowing techniques and the use of left-hand (the fingering hand) pizzicato – it all went into the showmanship.

In terms of the music he wrote, the most well known are his six violin concertos and the twenty four Caprices, examples of which I am giving as links below. He is best known for compositions for the violin but also for the guitar, which came from his earlier start learning the mandolin. He was generous with the money earned from his success and the French composer, Hector Berlioz, was virtually rescued from destitution by Paganini.

Sadly, with success often comes a downfall. His health had always been weak and, having lost all his lower jaw teeth in mid-life which changed his facial appearance considerably for the worse, he developed tuberculosis which finally killed him in Nice, France. At the time cholera was rife and the rumour was that this was the cause of his death.

The church refused him a burial for fear of spreading the contagious disease and issued an edict that he should be cremated. However, his loyal "fanclub" scorned the edict and took his body by boat and buried him on a small island off the Riviera called St. Honorat. Some five years later his body was removed to be returned to Italy. Shamefully, all the authorities kept finding every conceivable excuse not to permit his burial initially in Genoa. He was re-buried several times but eventually his final resting place is in Parma with an impressive palatial tomb.



Click [here](#) to listen to Paganini Violin Concerto No1 by In Mo Yang



Click [here](#) to listen to Niccolò Paganini Caprice No. 24 In A Minor