



AUSTRIAN-SOUTH AFRICAN SOCIETY
ÖSTERREICHISCH-SÜDAFRIKANISCHE VEREINIGUNG
"FRIENDS OF SOUTH AFRICA"

Newsletter No. 4 / 2008

Taken from *"10 Secrets for Success and Inner Peace"* by Dr. Wayne Dyer

4rd secret: "Embrace silence"

"All creativity requires some stillness. Your sense of inner peace depends on spending some of your life energy in silence to recharge your battery, remove tension and anxiety, reacquaint you with the joy of knowing God, and feel closer to all of humanity. Silence reduces fatigue and allows you to experience your own creative juices."



DEAR MEMBERS AND FRIENDS

Some highlights during the 3rd Quarter.

The FoSA board hopes that everyone had a wonderful summer and that your journeys and holidays were relaxing and safe!

As some of you know we had a very busy time at FoSA during the summer months! Just to recap – in July, we had our Annual Golf Day which was a great success! The day, the weather, the „Frühling“ golf course and the atmosphere amongst our players was perfect. We had excellent prizes as well as an American Auction and tombola (which were only possible due to the wonderful gifts we had received from various companies and private sponsors) which raised a significant amount of money for our projects. The Golf Tournament also benefited less privileged people here in Vienna as the left over fruit, sponsored by Capespan, was taken to the Gruft off the Mariahilfer Straße. Well done to Carlien, Helena, the rest of the board as well as some of our members who

helped us on the day for contributing to a very successful and enjoyable day. Hopefully more of our members will have time to join us next year! Photos on our website!

On the 23rd August we had our 4th Annual "Braai" at the Austrian Cricket Club. After months of organizing, we started setting up on Friday 22nd. It was a glorious day, and we got all excited about the braai (even though the weather forecast had been a bit gloomy) while peeling potatoes and getting as much as possible ready for our big day. We received deliveries from Coca Cola, who sponsored the Cokes, Almdudlers, Iced Teas, mineral water and coolers, the beer from Brau Union, and our grillers and tents from the South African Embassy! Ja well no fine, with nerves setting in on Friday evening we decided to set up the tents as well. With the help of Len Doevendans, Dick Koekemoer and Bernhard Appoyer this was quickly done. Saturday morning at about 5am I woke up to the sound of a mighty wind storm and in a semi-conscious state, mumbled to Bernhard that it would be a fine thing if the tents were still standing when we got there. Need I say they weren't! Bits of tent and bent poles were scattered all over the cricket field! GULP! As if the wind and grey skies weren't enough to deal with the temperatures had dropped by 15 degrees overnight. Nerves were taut. But "kämpfen weiter" as the Austrians would say! We set out the delicious salads and food, the fires were lit, the meat ready for "braai-ing", the singer, Smiley Divinzenz, arrived, the tables looked very inviting, and slowly our guests started arriving. Unfortunately not as many as we had hoped for! Still, taking the ghastly external factors into account the day was wonderful. There were

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games (tou-trek, potato race etc) for the young and not so young kids, good live singing, and lots of people coming back for seconds, support and speech from Mr Graham Anderson (South African Embassy) and dancing – to keep warm or simply because the music and entertainment was so good! We had to end the music at 9pm and the last of our guest left at about 11pm. Those who came had a wonderful time, they told us! Sunday, delivered sunny skies and higher temperatures! Go figure – the mind boggles. I suppose we cannot complain seeing as every last braai was blessed with perfect weather. Watch this space for more information about the 2009 braai! You can't get a boer down!

A BIG thankyou to the board members, members, guests and friends who helped with the preparation of the food, making of the "pap and sous", and just those who just came along to support our FoSA braai!

We have some of those lamb-chops left for sale and if you take the recipe in this newsletter, you may just come up with a delicious autumn meal! E-mail fosa@fosa.at or any FoSA Board Member if you are interested.

So after a bit of a break we are now getting down to final preparations for the wine tasting next month and then the Advent market end November. Hope to see many of you at the upcoming events!

Regards, Hester Wyhlidal
FoSA President

WORKING COMMITTEE

"The next meeting of the **Working Committee** will take place on *Tuesday*, the 30th of September 2008 at Wienerwald, Maria Hilferstrasse 156, 1150 Vienna at 18h30.

We have a table reserved under FoSA, if you don't see us, just ask the waiter/ess. **All are welcome** and we hope that many more FoSA's will come and help us to arrange existing functions but also to help us to find new ideas for events and fundraising projects!"

Carlien Doevendans, Secretary

FORTHCOMING EVENTS



South African Wine Tasting

Date: Friday 17th October 2008

Venue: Wineplateau
Tiefer Graben 7, A1010 Vienna

Time: 17h30 – 21h00

Price: Adults 23 euro
Adults (FoSA Paidup Member) 18 euro

Please buy your tickets now! **Only 20 tickets are available!!** E-mail fosa@fosa.at or any FoSA Board Member

4th FoSA Advent Market

Date: Sunday 30th November 2008

Venue: Neuland
Gobenzlgasse 5, A1190 Vienna

Time: 11am – 7pm

We would like to see as many of our members and friends there and would also appreciate it if you could motivate your friends, relatives, colleagues, staff, neighbours, bosses.....to come and visit us! With your support and generosity by buying our mostly homemade products you are helping to support our planned projects in South Africa.

Furthermore, if you are interested in renting a table/stall at our Adment Market to sell your products, please get in touch with one of our board-members or send an email to fosa@fosa.at asap.

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COOKING CORNER.....

LAMB CURRY

1 kg lamb, cubed
2 onions, finely chopped
425 g tomatoes, skinned
30 g desiccated coconut
37,5 ml fruit chutney
25 ml (2 tablespoons) flour
250 ml beef stock
25 ml oil
1 bay leaf, finely crumbled
2 ml (1/2 teaspoon) ground cinnamon
5 ml ground coriander
2 ml (1/2 teaspoon) ground cumin
2 cloves garlic, crushed
20 ml (4 teaspoons) curry powder
5 ml (1 teaspoon) turmeric
5 ml (1 teaspoon) sugar
10 ml (2 teaspoons) salt
Freshly ground black pepper

METHOD

1. In a large saucepan, fry the onion in the oil until soft.
2. Add the bay leaf, cinnamon, coriander, cumin, garlic, curry powder, flour and turmeric and simmer for a few minutes, stirring with a wooden spoon.
3. Add the meat and a little more of the oil, if necessary, and brown the meat lightly.
4. Add all the remaining ingredients except for the coconut and mix thoroughly.
5. Transfer the curry to a large casserole and bake, covered, in the oven at 150°C (300°F) for 1 1/2 hours.

6. Add the coconut and bake a further 15 minutes.
7. Serve at once with boiled rice and various side dishes.

Enjoy!!

Paulette Hendry, Vice-President

“The way to gain a good reputation is to endeavour to be what you desire to appear.”

Socrates



CHANGES ON THE BOARD

We are very grateful for the work done by Elisabeth Pean during the past years, especially taking into consideration that it was not always easy. We are sad to see her go. What we have lost on the Board though, we gained as an ordinary member, and her input (like that of all members) will always remain valuable to us. We would like to take this opportunity to voice a big THANK YOU to her for all her help and efforts, often through trying times.

The good news is that we were able to co-opt somebody in Elisabeth's place. Dick Koekemoer agreed to join us on the board and we would

like to take this opportunity to welcome him on board. If you would like to know a bit more about Dick please look on the FoSA website under The Board. There is a link to a short CV of Dick. (www.fosa.at)



ANOTHER THANK YOU...

This one goes to our men! Bernhard Appoyer, Len Doevendans and Dick Koekemoer who worked extremely hard preparing for and on the day of the FoSA Braai. They did a fantastic job, especially having to suffer smoke in their eyes for hours and hours. The success of our functions are largely attributed to each and everyone's hard work and commitment, taking even the smallest details into account. High Five to a long list of names, you know who you are! Thankyou!

FINANCE MATTERS

Thank you to all those FoSA members that have already paid their 2008 Membership fees.

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Please remember that FoSA, being a nonprofit, project assisting society, depends heavily on the contributions and fees paid by its members and friends. Without this very important financial support it is often difficult to continue and certainly impossible to start any new projects. Please help us in our activities by paying your membership fees.

The fees are as follows:

Individual	Euro 40
Couple	Euro 70
Student	Euro 25
Pensioner	Euro 25

Helena Buss, Treasurer

So Leute, das ist alles für heute. Wenn Sie Fragen, Anträge, Vorschläge oder irgendetwas haben, was Sie mit uns teilen möchten, bitte nur zu! fosa@fosa.at

Alles Gute Ihr FoSA Vorstand

As usual, we look forward to your feedback. If there's any ideas you may have, or anything you'd like to mention, please don't hesitate to contact

us.



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Some braai snap shots!



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