

"What's Happening" BERGVLIET



"It is just that we should be grateful, not only to those with whose views we may agree, but also to those who have expressed more superficial views; for these also contributed something, by developing before us the powers of thought."

PLATO

Dear Residents,

I hope you've all had a good week.

With Christmas less than four weeks away I am sure you are all busy with plans for Christmas lunches and dinners. With the re-opening of the Clubhouse and the return of the catering services at an awkward time of the year, it looked like the Festive events were going to be a little delayed but, we managed to get it ready in the end.

In this week's Event and Activity section you will see 3 events listed in December. We are working on a few more and details on these more casual get-together's will be shared as soon as possible.

On the long weekend of the 15th we will kick the festivities off with friends and family and welcome in the spirit of the Season through much loved Christmas Carols.

On the 19th we have the annual Resident Year-End Dinner where a special 3 course dinner will be served.

Based on how many residents will be spending the holidays at home this year, we will also host a Christmas Lunch. This event is also open to friends and family.

The success of all these events relies not only on the quality of the meals and service but also on your support. With the Clubhouse opening soon we hope it will be a welcoming space for many more events and opportunities to make lasting memories.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 4 DEC	11h30 HOUSE 24 AGELESS GRACE CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
TUE 4 DEC		14h00 HOUSE 24 SCRABBLE	18h00 LIME TREE CAFE SOCIAL DINNER
WED 6 DEC	11h30 HOUSE 24 AGELESS GRACE CLASS		
THUR 7 DEC		14h00 ART CLASSES	
FRI 8 DEC			
SAT 9 DEC		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
SUN 10 DEC		CLUBHOUSE LAWN BOULE	

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

HAPPY Birthday

6 DECEMBER

JOHN DRAKE - APARTMENT 3

7 DECEMBER

PATRICIA OBERHOFFER - HOUSE 1

13 DECEMBER

MIKE UYS - HOUSE 8

JENNIFER FISHER - APARTMENT 1

15 DECEMBER

MARETHA LUBBE - HOUSE 73

20 DECEMBER

RONNIE VAN REENEN - HOUSE 4

21 DECEMBER

RICHARD EASTWICK - APARTMENT 110

DONALD CAMPBELL - HOUSE 41

28 DECEMBER

DAVE PHILLIPS - HOUSE 56

HAPPY Anniversary

16 DECEMBER

LAUBI AND CHRISTINE WALTERS - HOUSE 64

18 DECEMBER

CHARLES AND TERTIA HARROD - HOUSE 13

21 DECEMBER

JEFF AND PADDY HAWTHORNE - HOUSE 70

22 DECEMBER

RODNEY AND LORRAINE BRYANT - APARTMENT 102

EDWARD AND ESTELLE TWIGGS - HOUSE 62



CHRISTMAS CAROLS

Invite family and friends to join us as we sing
our way into the holiday season!

Light meals will be available

DECEMBER	15	FRIDAY
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JOIN FROM 18H00
CAROLS FROM 19H15

Festive Social Dinner

STARTER

Prawn Cocktail with Marie Rose Sauce
or
Goat's Cheese and Caramelised Red Onion Phyllo Parcel

MAIN COURSE

Grilled Kingklip with Lemon-Butter Cream
or
Mustard Maple Pork Belly

Served with Parmesan Mashed Potatoes
and Seasonal Vegetables

DESSERT

Pavlova Trifle
or
Cape Cheese Board

R230PP

BOOKINGS ESSENTIAL - EXT 3200
SEATING FROM 18H00
SPECIAL DIETARY NEEDS CATERED FOR
ON REQUEST



Christmas

MENU

STARTER

Plated Choice

Smoked Salmon Trout Mousse and Melba Toast with
Dill, Cucumber and Rocket Salad
or
Chicken and Mushroom Vol Au Vent

MAIN COURSE

Buffet

Garlic and Herb Roasted Beef with Herb Jus
Roasted Pork with Cherry and Red Wine Sauce
Rosemary Roasted Potatoes
Seasonal Vegetables
Citrus Steamed Greens

DESSERT

Buffet

Traditional Christmas Pudding with Custard
Summer Fruit and Vanilla Sponge Trifle
Selection of Mini Desserts

Tea & Coffee Service



R315PP / CHILDREN UNDER 12 YEARS R150 | BOOKINGS ESSENTIAL -
EXT 3200 | SEATING FROM 12H30 | INCLUDES CHRISTMAS CRACKERS
SPECIAL DIETARY NEEDS CATERED FOR ON REQUEST

'TIS THE SEASON FOR GIVING




Christmas gift drive

Dive into the Christmas spirit by participating in our annual Christmas Gift Drive for the residents of Douglas Murray Home!


Please drop off your thoughtful gifts at Reception before December 15th, and we'll ensure they reach the Home by December 20th, bringing happiness to each resident during this magical season.

Gift ideas: Personal Hygiene Products in particular Roll On / Talcum Powder, Shavers etc. | Clothing in particular Female Knee High Compression Stockings | Adult Incontinence Products | Sweets and Chocolates

Let's make their Christmas unforgettable together!



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



Hope house

Counselling Centre

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.

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

HESTON BLUMENTHAL'S ROAST POTATO RECIPE MAKES FOR THE 'PERFECT' ROASTIES

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oast potatoes are often the best part of Sunday dinner, and one chef has explained there are a few easy ways to

produce crispier, crunchier, and more flavourful roast potatoes.

Roast potatoes may seem like an easy thing to cook, but making sure they do not break down and come soggy is not always simple to get right.

Professional chef Heston Blumenthal has shared his secret to making the crispiest roast potatoes and it involves how long to boil them and also infusing the water with special ingredients before you place them in the oven.

ARTICLE BY:
EXPRESS.CO.UK

it is important to strike a balance when cooking roast potatoes as they need to boil for as long as possible in order to prepare them, but if overcooked it can cause them to become much too mushy to perfectly crisp.

In a video online, Heston explained: "It's very important to take them as far as possible. The problem with that is if you take them literally seconds too far then you're going to end up with potato soup."

Thankfully, Heston has revealed his easy recipe for creating crunchy golden roast potatoes which means anyone can make professional-level roasties even if they don't have lots of booking experience.

HOW TO MAKE HESTON BLUMENTHAL'S CRISPY ROAST POTATOES

Ingredients

Potatoes
Peeled garlic
Rosemary
Salt
Olive oil

Kitchen equipment:

Oven and stove-proof tray
Large pot
Colander

Instructions

To begin, you will need to peel and cut the potatoes. Make sure to save the potato skins as they will be important for later. Heston said: "The most important thing here is to make sure you get enough edges. These are the bits which are going to become really crispy."

Once the potatoes have been cut, place them in a bowl and leave them under running water for a few minutes in order to wash the starch off.

Next place the potatoes in a pot and cover them with water until they are fully covered. Place the pot on the stove and let them simmer for around 20 minutes.



Now, Heston has revealed that his secret for making his potatoes much more flavourful is to take the leftover potato skins and place them in the pot while the potatoes are cooking.

He said: "I've infused the water with the skins from the potatoes, something that you normally throw away when you're making roast potatoes. However, the skins have so much flavour, and I want that flavour to go back into the potatoes."

When boiling the roast potatoes, you want to cook them to the point the potato edges have begun to break up. Heston explained: "Don't worry, all of the broken surface is going to board the ore while the potatoes are roasting and that's going to make the crust really juicy."

Any small little bits of potatoes should also be kept for roasting. Heston said: "We want those in the oven as well because they're going to give up beautiful nuggets of really crisp roast potatoes."

Next, it is time to drain the potatoes in a colander and give them a slight shake to rough up the edges, which will make them even crispier.

Leave them in the colander to cool for around 10 minutes to let the steam evaporate and the potatoes dry out.

Then, take a heatproof tray, and some olive oil and heat up the tray for around 10 minutes while the potatoes are cooking until the tray is very hot.

Place the potatoes on the tray and use a spoon to make sure they are totally covered in the hot oil.

Place the oven at 190 Celsius and slowly roast the potatoes for around an hour. Ten minutes before the potatoes are done cooking, add your rosemary and garlic to get the most flavour out of the potatoes.

Add potato skins to the pot of boiling potatoes for such more flavour



Heston's secret to crispy roasties is to boil them until the edges begin to break up.



8 MUST-KNOW TIPS FOR WATERING POINSETTIAS SO THEY LAST ALL SEASON

These practices for watering poinsettias will help keep your plants looking festive through the entire holiday season.

It's a sure sign the holiday season is here when poinsettias fill florist shelves, grocery store endcaps, and greenhouses at big box stores. These lush tropical plants look fabulous at the time of purchase but often take on a sickly appearance a few days later. Improper watering is usually the culprit.

Poinsettias are sensitive to too much or too little water and quickly show signs of stress in the form of yellow leaves and bare lower branches. These 8 smart watering tips will keep your poinsettias looking good until you ring in the new year.

ARTICLE BY:
BETTER HOMES
& GARDENS



How to Use Cut Poinsettias in Festive Flower Arrangements

1. Start with a healthy plant.

When shopping for a poinsettia, resist the urge to rescue a bedraggled plant. Poinsettias that have had a rough journey to the marketplace might have broken stems, limp or curled leaves, and limited foliage at the base of the plant. In general, these tender tropicals don't recover quickly and will likely look less-than-festive for the duration of the holiday season.

Instead, search out a poinsettia with lush, brightly colored leaves and flowers—the button-like structures in the center of the leaf clusters—that are barely open and shedding no pollen. A healthy poinsettia easily keeps its good looks for six weeks or more.

2. Check the soil moisture daily.

Yes, daily. When soil is dry to the touch, it's time to water. Poinsettias thrive when their soil is allowed to just barely dry out between waterings. Your goal is to water the plant the day the soil surface is dry to the touch.

Poinsettias are usually grown in a soilless mix that dries out rapidly because that type of soil most closely mimics their native soil. Poinsettias are tropical plants heralding from regions with light, sandy soil and frequent rain showers. Replicate these conditions in your home, and the poinsettia will be happy.

3.Remove the cover before watering.

Poinsettias despise soggy soil. When poinsettias are watered in their decorative covers, the excess water pools in the bottom of the cover, creating waterlogged soil. Before watering your plant, slip it out of the decorative plastic or paper cover. Replace the cover after all excess moisture has drained out of the pot.

4. Let your poinsettia soak.

An easy way to ensure poinsettias receive ample moisture at watering time is to set the plant—removing the decorative pot cover first—in a baking pan or shallow tray. Then, water the plant with room temperature water until the excess water runs out of the bottom of the pot. Leave the pot in the tray for 15-30 minutes. It will absorb any needed water that collects in the bottom of the tray.



5. Don't leave water in the cover.

After letting your poinsettia soak, it's best to set your plant in a sink where any excess water can drip out before returning the pot to the decorative cover. Or if you want to just put it back in the cover, check back a little while later and dump out any unneeded water to prevent the plant's soil from becoming waterlogged. The same applies if you use a saucer under your plant's pot instead of a cover.

6. Avoid nearby heat sources.

Vents, radiators—anything that is moving warm air—will cause the soil of nearby poinsettias to dry out more quickly. If possible, place your poinsettia near a sunny window, away from heat sources. Poinsettias thrive when the air temperature is 60°F to 70°F, and you won't have to water it quite as much.

7. Watch for yellow leaves.

Overwatering causes leaves on the bottom of the plant to turn yellow and drop off. In time, the lower half of the plant becomes a bunch of leafless stems. At the first sight of a yellow leaf, check the soil moisture. Do not water the plant until the soil surface is dry to the touch. Also, check the decorative pot cover to ensure excess water has not collected in the bottom, causing soggy soil.

8. Don't let your poinsettia wilt.

Poinsettias are quick to let you know when they desperately need water. Their leaves will look curled and droopy. Unfortunately, when poinsettias reach this point, their growth is often so compromised that it is difficult to return them to full health. While it's best to avoid letting your plant wilt even a little bit, if this does happen, water your stressed poinsettia as soon as you notice the problem, following the watering practices described above.



FESTIVE PUNCH

FRUITY, SPARKLY & DELICIOUS!

This Christmas Punch recipe is incredibly easy with minimal ingredients. It's perfect for no-fuss holiday entertaining! When it comes to punch, we've found that not anything goes. After some tweaking, we found the perfect combination of juices, carbonated bubbles, and optional alcohol.



RECIPE BY:
A COUPLE COOKS:
Sonja & Alex Overhiser



WHAT YOU'LL NEED

- Cranberry 100% juice blend: A blend is available at most grocery stores, and typically blends grape, apple, and pear juice with cranberry juice. Make sure to look for "100% juice" or "no sugar added" on the label.
- Pineapple juice: Adds just the right tropical flair! Pineapple is great for punch recipes.
- Ginger ale: Ginger ale adds just the right carbonation! It's sweeter than ginger beer, which would also work but results in a spicier ginger flavour.
- Rum: This makes it into a Christmas punch with alcohol! But it's just as good without as a non alcoholic punch.

BEST CHRISTMAS PUNCH ALCOHOL OPTIONS

What's the best alcohol for Christmas punch? Here are a few options and how it changes the flavour:

- Rum: Aged rum, aka añejo rum, has notes of vanilla, coconut, almond, citrus, or caramel. White rum has a straightforward flavor with a signature fruity finish. Dark rum would make the color very dark, but you can use it if you like. It adds deep, caramel flavor and notes of cinnamon and spices.
- Bourbon: Bourbon is also ideal for a Christmas punch! Bourbon adds spicy notes, with hints of vanilla and caramel.
- Champagne or Prosecco: Or, go for a bubbly punch! Add champagne or Prosecco right before serving.

Serve an alcoholic or non-alcoholic version - both are delicious!



WAYS TO GARNISH THE BOWL

The best part about a good Christmas punch recipe? All the garnishes! A good punch has some lovely garnishes floating on top. Here are some of our favorite ideas:

- Sliced citrus: orange, lemon or lime
- Pineapple rings
- Whole spices: star anise, cinnamon sticks, or cloves
- Rosemary sprigs
- Fresh or frozen berries: cranberries, raspberries, or blackberries



It's all about
the bubbles!

NOTES ON SERVING CHRISTMAS PUNCH: How to preserve the bubbles

This Christmas punch takes just a few minutes to throw together. But if you want to prep some items in advance, here's what to do!

- Chill the liquids in advance. Adding ice waters it down too much, so chill everything prior to serving.
- Slice the citrus and assemble the garnishes. Make sure you've got everything on hand. Refrigerate the citrus until serving.
- Add the ginger ale right before serving. You can pour everything in the bowl, but try to add the ginger ale right before serving. This way you get the best bubbles!

INGREDIENTS

- 64 ounces cranberry 100% juice blend, chilled
- 32 ounces pineapple juice, chilled
- 32 ounces ginger ale, chilled
- 1 750 ml bottle aged rum (optional)*
- 1 orange
- 1 lemon
- For the garnish: 5 star anise, fresh or frozen cranberries, rosemary sprigs

METHOD

1. Add the cranberry juice blend, pineapple juice, and ginger ale to a punch bowl.
2. Add the rum, if using.
3. Garnish with orange and lemon slices, and if desired, cranberries, star anise and rosemary sprigs.