

# *"What's Happening"* BERGVLIET



*"True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not."*

SENECA

Dear Residents,

I hope you've all had a good week.

I would like to start with a big thank you for the amazing support we've received so far for the events later this month. We are very close to capacity for the Year End Social Dinner, with Christmas Lunch close on its heels.

Our first real event for the Festive Season - the annual **Christmas Carols** - still needs a bit of support however. It is going to be a very special evening with a live performance followed by a sing-along of your favourite carols lead by Eddie Atherton and Cantiamo Chamber Choir. We may add a little extra sparkle to the evening which will be confirmed early next week but please RSVP at reception regardless.

This past week also saw the last of our Social Dinners at the Lime Tree Cafe. Thank you to everyone who supported Jeremy and his team during the refurbishment of the Clubhouse.

I also wish to thank everyone who has been supporting the various charitable causes we've been highlighting. Your donations will definitely give many less fortunate individuals a reason to smile this Festive Season.

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

### Best-Ever Christmas Recipes

According to TASTE readers


### December in the Garden

The super-fun summer garden

### Why is Champagne the Drink of Choice for Celebrations?

From 'christening' ships to toasting in the New Year

# WEEKLY ACTIVITIES

<b>MON</b> 11 DEC	11h30 HOUSE 24 AGELESS GRACE CLASS	14h30 MEADOWRIDGE BOWLS CLUB CANASTA	
<b>TUE</b> 12 DEC		14h00 HOUSE 24 SCRABBLE	
<b>WED</b> 13 DEC	11h30 HOUSE 24 AGELESS GRACE CLASS		
<b>THUR</b> 14 DEC		14h00 ART CLASSES	
<b>FRI</b> 15 DEC		17h00 CLUBHOUSE CHRISTMAS CAROLS PRE- DRINKS	18h30 CLUBHOUSE CHRISTMAS CAROLS 
<b>SAT</b> 16 DEC		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
<b>SUN</b> 17 DEC		CLUBHOUSE LAWN BOULE	

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



# HAPPY Birthday

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

DECEMBER	15	FRIDAY
----------	----	--------

Residents welcome from  
**17h00**

Performance and Carols by  
**Cantiamo Chamber Choir**  
**18h30**



# 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





# BEST-EVER CHRISTMAS RECIPES

## ACCORDING TO TASTE READERS

ARTICLE BY:  
TASTE MAGAZINE

**F**rom gammon and turkey to trifle and mince pies, the festive season is finally upon us. We asked what your favourite Christmas dish is on Instagram and the answers did not disappoint. Want to know what Christmas dish was top favourite among TASTE readers? Read below and [click on the headings for more info](#).

For foodies, the end of the year means one thing: it's time to feast! Whether it's end-of-year staff parties, stokvels, Christmas lunch or New Year's Eve celebrations, the food is always the highlight. We recently took to Instagram to ask TASTE readers what their favourite all-time Christmas dish is and here are the most popular answers:



### 1. GAMMON

"Traditional gammon glazed with apricots, pineapple rings and fresh cherries! – @margartcowley

Coming in first place, with a slew of answers, was the all-impressive gammon roast. One reader referred to this as "the king of Christmas food" and we couldn't agree more.



### 2. TURKEY

"Turkey with bread sauce, stuffing, cranberry sauce, roast pots, veggies & gravy" – @sarah.rickets

This bird isn't just limited to American Thanksgiving menus, it definitely deserves a spot on Christmas menus, too. You can roast it until the skin is crispy and the bird is juicy and succulent, or take things outside and cook your turkey on the braai.

Turkeys are big birds so make sure you've prepared all the dishes that need to be made in the oven, once the turkey is in the oven it will be unavailable for a few hours.



### 3. ROAST LAMB

"Roast lamb, broc and cauliflower bake, roast chicken, gravy, savoury rice, couscous salad, roast veggies" – @luthsfia

For tender fall-off-the-bone roast lamb, food contributor, Hannah Lewry suggests marinating it in buttermilk. Buttermilk plays a key role in imparting flavour and tenderising the meat. This creates a tender and succulent roast that everyone will want to dig into.





#### 4. TRIFLE

“TRIFLE!!!! (It needs its own emoji)” – @romywilson\_ct

Layers of custard, jelly and sponge cake reign supreme as the dessert that defines a season. Trifle tends to be very polarising, but TASTE readers can't seem to get enough. Keep it simple or dress it up with pavlova and seasonal berries.



#### 5. ROAST POTATOES

“Good old roast potatoes.” – @jodi\_le\_roux

Christmas isn't Christmas without crispy, golden roast potatoes. And the best way to get them that way is with loads of duck fat. For a plant-based alternative, swap the duck fat for canola oil.



#### 6. ROAST CHICKEN

“Roast chicken, roast potatoes and green beans with gravy on all of it!” – @nique\_ackers

We love this budget-friendly bird because it can go from midweek dinner to a festive showstopper with a few tweaks. Try stuffing a whole chicken with a mix of flaked almonds and rice to help keep it moist while roasting. The skin will be beautifully golden and crispy when removed from the oven. If you're on a budget this festive season, this is the recipe to make.



#### 7. STUFFING

“STUFFING! 🥰 🥰 🥰 ” – @estherabby

Stuffing makes any roast ten times better. This recipe features pork sausages, but feel free to swap the pork for beef, lamb or plant-based sausage depending on your guests' preferences. This stuffing freezes well, so you can make it in advance. It can be used to stuff turkey or roast chicken or enjoyed as a side.



#### 8. SEAFOOD BRAAI

“Lately seafood braai and all sides, [it's] too hot for a traditional Xmas spread, we live in SA not Europe.” – @annemikotze

Pick a selection of your favourite seafood: think prawns, whole trout, calamari and snoek. This is the spread to make when you want a more laid-back Christmas lunch. Let the braai do all the work while everyone catches up over drinks, snacks, garlic bread and more.



#### 9. LEFTOVERS

“Leftovers turned into bubble and squeak” – @abigailhinchcliffe

TASTE recipe developer and stylist Bianca Strydom shares her Christmas leftovers sandwich that's inspired by the moist-maker sandwich from the 90s hit TV show, Friends. Add leftover stuffing, gammon, lamb and gravy to a sandwich for the best way to enjoy Christmas leftovers the next day.



# DECEMBER IN THE GARDEN

## THE SUPER-FUN SUMMER GARDEN

It's holiday season, and a jolly good reason to celebrate! Live life to the fullest surrounded by the ones you love and a gorgeous garden to host them all in. We've got a fully-loaded, super fun summer entertaining and planting guide to get you in the spirit of things this December.

### WARM WELCOMES

Wet vines from the garden can be transformed into gorgeous decorative wreaths, which you can secure onto your front door. Try ivy varieties, grapevine, and big num num (*Carissa macrocarpa*) with ornamental grass strands that'll maintain colour for longer too. Add to the friendly vibes by adding a textured welcome mat available from your garden centre.

ARTICLE BY:  
ATLANTIC  
FERTILISERS



**Try this:** Once you've gotten a solid run from your wreath, tie it onto a tree branch and hang some birdseed feeders from it.

### ETERNAL SUNSHINE

Solar lights are the best-kept fun secrets this summer. Light up your pathways with lanterns, accentuate your trees with spiralled fairy lights, and make the patio pop with spotlights highlighting your gorgeous container beauts. Solar jars are also a sure win, to which you can add glass stones for extra sparkle. Solar jars look super magical when added to fairy gardens and scattered around beds.

**Always lit tip:** Wrap battery-operated fairy lights around your front door DIY wreath for added evening ambience as guests arrive.

### INQUISITIVE KIDS

Keep the kids entertained and educated with a 'Find that bug' quest. You can easily create a printable worksheet for your kids and their friends listing the goggas to be discovered in your garden. Alternatively, there are several local apps to be downloaded, which kids can use to identify their discoveries. Why not get them all to give a fun little presentation about the bugs afterwards!





## HAPPY HOUSE PLANTS

Consider playing with poinsettia (Christmas star) and amaryllis (Christmas flower) as part of your festive décor prep. Fill your house with cut hydrangea flowers (Christmas rose) if you have lots in the garden. Pick mature flowers (all the little florets must be open) and then scrape about 5cm of bark off the bottom of the stem. Leave them overnight up to their necks in cold water for max bloom power before you arrange them in vases.

**Indoor garden tip:** Make sure your windowsill/countertop crops are stocked with lekker herbs for braai and cocktail garnish. Pots and seedling trays are available from your local garden centre.

## GOOD TIME EDIBLES

Plant: Melons, sweet potatoes, cucumber, eggplants, peppers and the last tomatoes for the season.

Harvest: You can now finally feast on the watermelons and sweet melons sowed in August. A large watermelon is ripe if it feels a little bumpy when you stroke it. When sweet melons are ripe, a small crack appears at the point where the fruit attaches to the vine.

## PESTS NOT INVITED TO THE PARTY

Dash down to your garden centre for effective pest control solutions and don't allow any uninvited guests to your super-fun summer.



Look out for:

- Scale on citrus trees
- Orange Dog caterpillar on citrus trees
- Tip-wilters on the soft tips of roses, dahlias and abelias
- Fruit fly on pumpkins, squashes and fruit trees
- Codling moth on apples and pears (wrap sticky tape around the base of the tree)
- Amaryllis caterpillar on crinums and other bulbous plants
- Mildew on roses, dahlias and cleomes
- Whitefly on beans and fuchsias
- Rust on hollyhocks
- Pear slug on peaches, cherries prunus and ornamentals
- Outbreak of red spider mite during hot, dry weather.

## FUN-FILLED, SUNNY GIFT IDEAS FOR GARDENERS

- A birdbath, bird feeder and a packet of wild birdseed.
- A potting bench for dad.
- A garden bench for ouma.
- Trays of flowering seedlings and a bag of compost.

- A concrete rabbit or frog and other garden ornaments.
- Instead of the conventional festive stocking, use gumboots, garden clogs, or a watering can.
- Wrap gardening gloves, seed packets and a trowel in a flowery tea towel.
- For the diligent weeder, a good choice would be a kneeling pad and good quality hand tools.
- A garden diary or calendar so that the gardener can plan and record seasonal plantings and blooming habits of plants.
- Top edibles to use as gifts are chillies. There is a wide variety available from hot to very hot. One thing to remember is that some of them can reach up to 2m tall and so are not ornamental. Also think about 'berry delicious' in the form of strawberries and blueberries.





# WHY IS CHAMPAGNE THE DRINK OF CELEBRATION?



From 'christening' ships to toasting in the New Year, champagne has become synonymous with celebration.

But why on special occasions, when there are so many types of wine to choose from, do we tend to reach for a bottle of the famous sparkling white wine? According to historians, it all comes down to a sophisticated mix of royalty, religion and smart advertising.

## A SPIRITUAL EXPERIENCE

It all started in 5th Century France when the recently crowned King Clovis received his first Holy Communion using locally-sourced wine from the Champagne region.

It's unlikely that the wine used by the Bishop would have been anything like the light, sparkling liquid we know and love today. Instead, it would have almost certainly been a dull, reddish, flat concoction, known colloquially as 'grey wine'.

The bubbles didn't come into the picture until a few hundred years later when a Benedictine monk named Dom Pérignon mastered the technique of effervescence (as it was then called) and the texture started to gain popularity among the social elite.

Nevertheless, its deeply spiritual significance, combined with the royal seal of approval, established the drink as a powerful cultural icon that would lead the way for millennia to come.

## A FAVOURITE AMONG KINGS

Fast forward a few centuries to the mid-1800s, and the drink had become a staple part of court life for the French Royals and their friends.

So much so in fact, that during a ball held by Madame de Pompadour at Paris's Hôtel de Ville, guests consumed an excess of 1,800 bottles in one night.

Even the French Revolution wasn't enough to stop it in its tracks. While a number of the country's most prominent aristocrats lost their heads to 'Madame Guillotine', those who'd managed to escape intact, were toasting their victories all over Europe with some of the best champagne vintages available.

What's more, 'regular' members of society were starting to get in on the action, as champagne prices started to decline. It still wasn't affordable as an everyday table wine, but it was cheap enough that they could splash out on special occasions.



RECIPE BY:  
VINTAGE CELLARS





## IT WAS TIME FOR A NEW AGE OF ADVERTISING

Between 1800 and 1850, champagne production soared from 300,000 to 20 million bottles per year. This, combined with the ease of shipping, brought on by the Industrial Revolution, meant that more people than ever could enjoy the sweet taste of champagne for the first time.

As Kolleen Guy points out in her book, *When Champagne Became French*, on the wine's history, "Newspaper advertisements, particularly around holidays like Christmas and New Year associated family gatherings with Champagne."

She goes on to quote a particular observer of the time who stated that the increased use of champagne at festive gatherings was "a charming fashion that [was] becoming more common".

Even important celebrities were advocating on behalf of the sparkling wine, with the likes of Coco Chanel and eventually Winston Churchill

extrapolating its virtues. "Remember gentlemen, it's not just France we are fighting for, it's Champagne," he said during a powerful war time speech. The elixir of joy had come to represent all that was good, prosperous and victorious – qualities that we human beings have held dear to hearts for time immemorial.

## A TIME TO CELEBRATE

Champagne has lost none of its allure. Presenting a bottle at a Christmas table still adds a special

touch of celebration. So, with Christmas and New Year just around the corner, why not pop open a bottle of Vintage Champagne? A richly textured champagne offers plenty of character and exquisitely balanced acidity, leading to a fresh, dry finish.

*Cheers to that!*

