

# *"What's Happening"* BERGVLIET



*"Blessed is the season which engages the whole world in a conspiracy of love."*

*~ Hamilton Wright Mabie ~*

Dear Residents,

I hope you've all had a good week. Thanks so much to everyone who joined us for a very special Christmas Carols event, also our very first official event in our newly refurbished clubhouse. It was heart warming to see the clubhouse filled to the brim.

As we race towards Christmas Day, we truly could not have asked for a better response to our three events being held in the last two weeks of this year. The Resident's Festive Social Dinner is fully booked and we only have limited seating left for Christmas Day lunch.

The braai facilities are also ready to be used and can be booked at reception.

Bookings are purely to ensure you are made aware should anyone else also be sharing the space.

Basic arrangements for use of the equipment and for maintaining the clubhouse will be available at reception by Wednesday.

The new Clubhouse is officially open so please pop in and enjoy complimentary coffee until 31st December, or for as long as stocks last.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

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# WEEKLY ACTIVITIES

<b>MON</b> 18 DEC	11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 19 DEC		14h00 CLUBHOUSE SCRABBLE	 18h30 CLUBHOUSE YEAR END SOCIAL DINNER
<b>WED</b> 20 DEC			
<b>THUR</b> 21 DEC		14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 22 DEC			
<b>SAT</b> 23 DEC		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS	
<b>SUN</b> 24 DEC		CLUBHOUSE LAWN BOULE	

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

# HAPPY Birthday

20 DECEMBER

**RONNIE VAN REENEN – HOUSE 4**

21 DECEMBER

**RICHARD EASTWICK – APARTMENT 110**

**DONALD CAMPBELL – HOUSE 41**

28 DECEMBER

**DAVE PHILLIPS – HOUSE 56**

31 DECEMBER

**MARYON DRAUDE – HOUSE 28**

# HAPPY Anniversary

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



# 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



ARTICLE BY:  
PEOPLE'S POST  
for NEWS24

# A BIG WIN FOR CONSTANTIA

## **C**onstantia Food Club wins global prize for 'Innovating for sustainability'

Constantia Food Club (CFC) was recently announced as one of the South African winners of the small businesses and non-profits who have won a share of the global small business platform, Xero's, R8 million global prize pool for "Innovating for sustainability" as part of the inaugural Xero Beautiful Business Fund competition.

There are 28 winners overall, including four South African winners who were recognized for best demonstrating, in a 90-second video, how they would use the funding to support their future. They had to show how they plan to support their business goals in one of four categories – Innovating for sustainability; Strengthening community connection; Trailblazing with technology and Upskilling for the future.

Courtney Atkinson, co-founder of CFC, said: "It's been inspiring to see how our work is connecting more families with small food producers and farmers, and creating a healthier, more sustainable food system. This funding from Xero will help us grow not only our own operations but also those of the Food Club network — unlocking exponential change.

We're so excited to pursue this next stage in our business."

### **ABOUT CONSTANTIA FOOD CLUB**

CFC is a food buying club that connects small local growers and producers directly with customers in Cape Town since March last year. The club aims to support local regenerative farmers to help reduce biodiversity loss, promote sustainable food production and create a decentralised food system.

"CFC took off immediately. Our sales have grown over 500% in that time – a number we're especially proud of as our suppliers set their own prices (no haggling here!) and farmers receive 75% to 85% of the sale price, compared to the 37% they would receive selling the same goods via retail.

"I grew up on a farm and have always had a keen interest in food, nutrition and health," Atkinson reminisced with People's Post.

"When our first child came along I wanted to feed our family nutrient-dense, chemical-free food, but I found little to no choices in our supermarkets."

A friend told her about Food Clubs as a way to access organic/chemical-free produce from small, local suppliers all from a single place, once a month.

I found a club in Meadowridge and later joined a second club in Newlands – they each gave me access to a different selection of suppliers."

As Atkinson was later diagnosed with an auto-immune condition, this meant that she needed to rid her diet of toxins and her food choices became even more important. "By this time I was rather fed up with there not being a club in Constantia and so I decided to start one! At the time, both my children were starting school, but we didn't want to lose our wonderful nanny, Noma Matoko-Louemba. I asked her if she'd be keen to start the club with me and Noma said yes!"

CFC is part of a network of over 30 food clubs across South Africa, all operating through the Food Club Hub platform. This platform is established as a non-profit organisation (NPO), Atkinson noted, as it serves to support regenerative farmers and food club hosts in creating a decentralised food system. Each individual food club is commonly run as a business, whether as a sole proprietor, CC or Pty. "In the case of the CFC, it is operated as a separate business entity."

**DECENTRALISED FOOD SYSTEM**

When asked to explain the concept of a “decentralised food system”, Atkinson said she will never forget growing up that some of the produce grown on their farm in George would be harvested and trucked to a distribution centre in Cape Town “only to be driven back to the local retailer in George”!

Food Clubs look to shift away from this kind of centralised, industrialised model of food production and distribution, towards a more localised and diversified approach where production, processing, and distribution of food are spread out across various smaller-scale producers and regions.

“This entails promoting local and regional food production, reducing reliance on large, monoculture farming operations, and supporting smaller farms, community gardens, farmers’ markets, and other initiatives that prioritise community-based, sustainable, and resilient food systems.”

Decentralisation can help improve food security, reduce environmental impact, and strengthen local economies by fostering greater self-reliance and reducing the long-distance transportation of food. Food Clubs play an important role by providing producers with a market and members with a convenient one-stop-shop to access dozens of small local producers in one “shop”.



**XERO BEAUTIFUL BUSINESS FUND**

Launched earlier this year, the Xero Beautiful Business Fund seeks to help Xero’s small-business customers boost their growth plans and drive future success. More than 5 500 applications were received from Xero customers across South Africa, Australia, Canada, New Zealand, Singapore, the United States and the United Kingdom. CFC as the winner of the ‘Innovating for Sustainability’ category also won a global prize of an additional R545000, for a total of R795 000. They plan to use the fund to help build a new clubhouse, where they can serve more customers and provide additional support to growers and the environment. However, “between entering this competition and being awarded this incredible prize, our Food Club grew even bigger, possibly even outgrowing the Club House we dreamt of. We’ll be taking some much-needed time off over the festive season to regroup in the new year and plan our next steps. Watch this space!”

# THE HISTORY OF THE ROYAL CHRISTMAS DAY SPEECH

For seventy years, Queen Elizabeth II was a staple of Christmas Day, appearing on television, radio and on the internet throughout her reign to deliver her annual Christmas Message. Now, it is King Charles who speaks to country and Commonwealth on Christmas Day. But this tradition is very much a Windsor one. It began with His Majesty's great-grandfather, King George V, and continued through his grandfather, King George VI via radio broadcast then on into the historic reign of Queen Elizabeth II.

King George V delivered the first Christmas Message in 1932 (fun fact: it was written by author Rudyard Kipling) and spoke of the technology that made him "enabled, this Christmas Day, to speak to all my peoples throughout the Empire. I take it as a good omen that Wireless



should have reached its present perfection at a time when the Empire has been linked in closer union. For it offers us immense possibilities to make that union closer still."

King George VI delivered radio speeches each Christmas and spoke each year of the Second World War. In 1939 he talked about the War, stating, "A new year is at hand. We cannot tell which it will bring. If it brings peace how thankful we shall all be. If it brings continued struggle, we shall remain undaunted."

However, it was Elizabeth II who would turn the Christmas Day message into an unmissable part of the UK's celebrations. It wasn't until Queen Elizabeth's 1957 Christmas Message that they became televised.

Queen Elizabeth II always made a point to show her sympathy to those who are less fortunate, or who had suffered tragedies that year. She always mentioned the unity of the Commonwealth, and she always made time for personal highlights from the year. And in the last years of her reign, her wise words brought much comfort with many tuning in on December 25th 2020 to hear her speak once more of hope in the midst of the pandemic that had changed the lives of everyone throughout the year before.

Her Late Majesty's last Christmas speech, on December 25th 2021, was her most poignant as she paid tribute to Prince Philip who had died in April 2021. On Christmas Day 2022, it was their eldest son, Charles III, who paid tribute to them both as he made his first festive address.

ARTICLE BY:  
ROYALCENTRAL.  
CO.UK

# TWO FESTIVE WINE PICKS FOR YOUR CHRISTMAS TABLE

**With these two wine ranges you'll find something for every wine drinker that will suit every budget**

Choosing what wine to serve with your Christmas lunch is sometimes as hard as deciding on the menu. Should you go for a good red, a refreshing white or blush rosé? There's always the option of a bottle of bubbles to kick off the celebrations. But what to buy if you're strapped for ideas?

We tried wines from two South African wine estates which offer a diverse variety that will please all palates around the table and appeal to easy and serious wine drinkers with differing budgets.

## **ALVI'S DRIFT ICON RANGE**

As a rule of thumb, you will be well-advised on a bottle of Alvi's Drift, whether from their flagship, reserve, signature, sparkling or Cap Classique ranges. This Christmas it might be time to treat yourself to their Icon range.

ARTICLE BY:  
TIMES LIVE

Named after the family patriarch Albertus Viljoen, after whom the winemaker Alvi van der Merwe is named, this range celebrates full-bodied, barrel-fermented wines. The range includes a 2021 chenin blanc (R280 per bottle), 2021 chardonnay (R280 per bottle) and 2018 Bismark red blend (R310 per bottle).

The chenin blanc is elegant and bursting with rich flavour while the chardonnay is complex and well-rounded. Both won the Great Gold International Wine & Spirits Awards in Spain last year and are a must try for a white wine lover or drinker of these specific cultivars. The red blend has won a slew of awards — and not surprisingly. It's smooth, sophisticated and a beautiful example of the greatness that can be achieved when a blend is carried out perfectly.

We love this range because each of the wines are well-rounded and elegant, yet delicious to drink. This range offers the perfect pick for those who enjoy savouring a good bottle over a long lunch.

## **ROBERTSON WINERY SPARKLING WINES RANGE**

If you're looking for a bottle of bubbles to start the party or toast with during your family dinner, Robertson Winery has just the bottle — or nine — for you.

Last month, the wine estate unveiled new packaging on their sparkling wine range and the bottles are as pretty as a picture. Each of the wines in the range are sold in a transparent sleeve which allows the colour of the wine to shine through while featuring a floral design that heroes the roses grown specifically in the Robertson valley. If grandma likes a sweet red but grandpa a brut white, there's a bottle in the range for each of them. They offer a sparkling white brut or sweet white, a sparkling brut rosé or sweet rosé and a sparkling sweet red. All these wines retail for R85 a bottle.

The range also includes four nonalcoholic options which makes buying wine for the whole family a more inclusive affair, with a dry sparkling pink, sweet sparkling pink, dry sparkling white or sweet sparkling white. These sell for R75 a bottle.

We love this range for the diversity it offers, the good price and that they're easy to drink as they go down oh so well on a hot summer day.

