

"What's Happening" BERGVLIET



"Dost thou love life? Then do not squander Time; for that's the Stuff Life is made of."

~ Benjamin Franklin ~

Dear Residents,

I hope you've all had good week.

With the holiday festivities slowly coming to an end it's time to get the village activities back up and running. It was great to see the exercise and art classes in full swing and also the continuous flow of residents popping into the clubhouse.

As communicated earlier this week, the catering services will commence from Monday the 15th, and our first social dinner of 2024 will take place on Tuesday, the 16th. I just want to say a great big thank you to everyone who booked. We asked for your support and wow, did you respond! We will have just short of 70 residents for next week's social dinner!

We will also be running a weekly promotion and will kick off next week with coffee and a slice of cake for only R55.

The social events begin with a Bingo Night on the 19th and a music evening on the 31st of January. This will be followed by a live music performance by Gordon Rocker on the 9th of February.

Bookings for all events, social dinners and general restaurant bookings can be made at reception. Please see event posters for more information.

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

SONNEHOF BISTRO

A la Carte & Social Dinner Menu

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

CAPE TOWN CELEBRATES

another successful season as a top tourist destination

UNVEILING THE ALLURE OF BLACK RICE

The buzz, bounty and benefits

REVERSE EMIGRATION

trend picking up in South Africa

THE IMPORTANCE OF EMOTIONAL WELLNESS

Here's what you need to know

WEEKLY ACTIVITIES

MON 15 JAN		11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
TUE 16 JAN			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 17 JAN		11h00 CLUBHOUSE AGELESS GRACE CLASS		
THUR 18 JAN			14h00 CLUBHOUSE ART CLASSES	
FRI 19 JAN			17h00 CLUBHOUSE SOCIAL DRINKS	18h00 CLUBHOUSE BINGO NIGHT
SAT 20 JAN		10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS		
SUN 21 JAN		CLUBHOUSE LAWN BOULE		

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

BINGO NIGHT

**FRI | 19 | JAN
DAY | 2024**

**18H45
CLUBHOUSE**

**Book at
Reception or on
Ext. 3200**

**R80
PER PERSON**

**SALMON & SPINACH
QUICHE WITH SALAD
SERVED AT 19H00**



Music Evening

31 JANUARY | 19H00

PROGRAMME

BEETHOVEN
FIDELIO OVERTURE

Conductor: Alan Gilbert
NDR Elbphilharmonie Orchester

DVORAK
NEW WORLDS SYMPHONY NR 9
FROM THE NEW WORLD

Conductor: Klaus Makela
Concert Gebouw Orchestra

BEETHOVEN
CHORAL PHANTASY FOR PIANO,
CHORUS AND ORCHESTRA OP 80

Conductor: Andrew Litton
Pianist: Tengku Irfan
Singapore Symphony

RSVP AT RECEPTION OR ON EXT. 3200

GORDON ROCKER



9 FEBRUARY | 19H00 | R80PP

GLASSWARE AVAILABLE FROM THE BAR - "BYOB"

BOOK AT RECEPTION OR ON EXT. 3200



Sourehof

BISTRO

BREAKFAST

Easy Does It! R50
Eggs (2), bacon rashers (2) with toast and preserves.

English Breakfast R65
Eggs (2), bacon rashers (2), pork sausage, grilled tomato with toast and preserves.

Omelette
with toast and preserves
Cheese R40
Bacon & cheese R45
Bacon, cheese & tomato R50
Savoury mince & cheese R50

TOASTED SANDWICHES

Served on your choice of white, brown or whole wheat bread with a side of fries.

Cheese & tomato R35
Ham & cheese R40
Ham, cheese & tomato R45
Grilled chicken mayo R50
Savoury mince & cheese R50

BISTRO SERVICE

Coffee:
Available 24/7 on an honesty and self-service basis.

Kitchen:
Monday to Friday 09h00 to 16h00

Dinner:
Tuesdays, seating from 18h00
Fridays, casual seating or takeaway dinners until 18h00. (when advertised).

Bookings:
Dinner and special events must be pre-booked.
Social dinner bookings close on a Friday at 14h00.
All other menus are served on an à la carte basis but can also be pre-booked, especially for groups.

WRAPS & SALADS

Served on a plain wrap or as a salad on a bed of mixed seasonal lettuce.

Grilled chicken, tomato, cucumber, lemon & herb yogurt dressing R65

Bacon, guacamole, corn, red onion & tomato. R65

Falafel balls, tomato, cucumber, red onion, tzatziki. R55

SOMETHING SWEET

A selection of cakes, tarts and other sweet treats.

SOCIAL DINNER

TUESDAY 23RD JANUARY -
R195

Warm rolls with salted butter.

Main Course

Chicken roulade with spinach, goats cheese and mushroom sauce.

Or

Kassler steak with sweet mustard gravy.


Served with leek mashed potatoes and seasonal vegetables.

Dessert

Eton mess with lemon curd and fresh berries.

Or

Cheese board.



HAPPY Birthday

19 JANUARY
JENNI UYS - H8

21 JANUARY
CAROL DALTON - A106

23 JANUARY
MARION THOMPSON - H39

24 JANUARY
BRIAN MAWMAN - H53

27 JANUARY
HADYN JONES - H47

28 JANUARY
PATRICIA BAYLIS - H17
JACKY ORTON - H31
PENNY PRIDEAUX - A104

HAPPY Anniversary

13 JANUARY
RODGER AND LIDDY CUMMINS - H20

CAPE TOWN CELEBRATES ANOTHER SUCCESSFUL SEASON AS A TOP TOURIST DESTINATION

Over the past few months, Cape Town's tourism sector has experienced remarkable growth, making it a hub for business revenue and creating diverse job opportunities. Here are 6 food and health trends that will be peeking its head in 2024.

The City has not only attracted many visitors to Cape Town but also ensured repeat tourism.

'Seeing visitors returning to a destination shows their interest in a place, its practices and its peoples. Return trips not only enrich visitors' experiences but also contribute significantly to the economic vibrancy of our communities.

'Visitors – and especially returning visitors – don't merely come to relax on our beaches and explore our mountains. They come to engage with our businesses and our communities, and immerse in the city's rich history and cultures.'

'Travel allows us to explore different facets of a destination; through travel, we can savour local dishes, hear local stories and embrace unique experiences. Through travel, local delights like malva pudding transform into global gastronomic phenomena; and designs from Langa find their way to London's catwalks,' said the Mayoral Member for Economic Growth, Alderman James Vos.



The City's Economic Growth Directorate is also still committed to the mission to create a tourism-related job in every household in Cape Town. This objective is only attainable by a strategic three-part design:

By increasing the number of flights landing in Cape Town:

In the 2022/2023 season, aviation brought in R24 billion and 10 600-plus jobs into the Cape. For the 2023/2024 festive season, about 215 international flights have landed every week since the start of summer, with approximately 31,000 passengers per day passing through the airport.

Attracting more cruise liners from around the world:

Cruise travel, welcomed almost 190,000 passengers and crew between October 2022 and May 2023, injecting billions of rands into the. For this cruise season,

50 cruise ships are confirmed, promising substantial economic benefits for Cape Town.

Securing more events and conferences:

Many conference venues are booked until the end of 2024. This will significantly benefit hotels and attractions, indicating a positive year ahead for the tourism sector.

'Through tourism, we can continue to empower communities economically while showcasing our city and sharing Cape Town's rich, vibrant and authentic cultural and historical heritage with visitors. We're excited to (re)welcome all visitors this tourism season,' said Alderman Vos.

ARTICLE BY:
CAPE{TOWN}ETC

UNVEILING THE ALLURE OF BLACK RICE: THE BUZZ, BOUNTY AND BENEFITS



In recent years, a humble grain with a remarkable history has emerged: black rice, also known as “forbidden rice”.

Originating in ancient China, where it was revered as traditional medicine, black rice has transcended borders and is now embraced worldwide. The current buzz around this enigmatic grain stems from its extraordinary health benefits, captivating taste, and stunning black-blue hue.

What does black rice taste like?

The best part about black rice? It’s delicious! It contains a unique and delightful taste that sets it apart from other rice varieties. Its flavour profile is often described as nutty, slightly sweet and earthy, providing a pleasant and distinctive culinary experience.

When cooked, black rice retains a pleasing chewy texture, adding depth and richness to a variety of dishes. Its striking black-blue hue makes it visually appealing, enhancing the presentation of meals and creating an exciting contrast when paired with other colourful ingredients.

Due to its delicious taste and versatility, black rice can be used in a wide range of recipes. It complements both savoury and sweet dishes, making it a favourite in salads, grain bowls, stir-fries, sushi, porridge, and even desserts like rice puddings and cakes.

Let’s delve into the reasons behind the growing popularity of black rice and explore the advantages it offers.

The health benefits of black rice

What sets black rice apart and makes it the centre of attention is its vibrant hue, which is attributed to anthocyanins, potent antioxidant pigments also found in blueberries. Nutritional therapist Dr Elenia Kolokotronis explains that antioxidants are crucial in protecting our cells from the damage caused by free radicals, safeguarding our health against cell deterioration and oxidative stress.

“Black rice is also an incredible source of fibre or roughage, vital for keeping our digestive system healthy. It is a natural colon cleanser by allowing stools to pass easily without discomfort or constipation,” she adds.

The list of benefits black rice offers is impressive, making it a superfood revered by health enthusiasts and nutritionists alike. Here are some of its noteworthy advantages:



ARTICLE BY:
FOOD24

- **Allergen-free:** Unlike many other grains and wholegrain products like wheat, black rice is gluten-free, making it an excellent choice for those with coeliac disease.
- **Enhances eye health:** Black rice boasts carotenoids, such as lutein and zeaxanthin, which play a vital role in protecting our eyes, particularly the retinas, from harmful UV radiation and the growth of cancerous cells.
- **Supports diabetes management:** With a low glycaemic index (GI) score of 42.3 and high fibre content, black rice helps stabilise blood sugar levels and enhances the body's ability to react to glucose and insulin.
- **Protects against disease:** Abundant in anthocyanins, black rice offers protection against cardiovascular diseases and has even shown potential in reducing the risk of colorectal cancer.
- **Nutrient-rich:** Packed with essential nutrients such as vitamin E, calcium and potassium, black rice is a boon for overall health.
- **Boosts heart health:** Studies suggest that anthocyanins in black rice may contribute to lowering cholesterol and triglyceride levels, promoting heart health.
- **Aids in weight loss:** Rich in filling protein and fibre, black rice can keep hunger at bay, aid in weight management, and reduce the risk of obesity.
- **Natural detoxifier:** The phytonutrients found in black rice assist the body in eliminating harmful toxins caused by free radicals.



flavonoids, and an assortment of vital nutrients such as thiamine, riboflavin, niacin, calcium, phosphorus, iron, potassium, zinc and copper.

“While black rice comes with many health and taste benefits, it is important to consider its preparation – lightly steam it or boil it,” she suggests. “This will give the maximum benefits.”

The side effects of eating black rice

While black rice poses minimal side effects, it's essential to remain mindful of a few considerations:

- **Arsenic concern:** Like any other rice, black rice can absorb arsenic from the soil, making thorough cooking a crucial step before consumption.

- **Digestive sensitivity:** Excessive consumption may lead to bloating, gas or an upset stomach, although no serious side effects have been documented.

“Black rice, though not as widespread as white rice, undoubtedly packs a punch with its exceptional antioxidant potential and protein content, even surpassing brown rice. Its incorporation into your daily diet can contribute to improved eyesight and heart health,” Dr Kolokotronis concludes. Readily available in markets and grocery stores, this grain is a delectable and healthy switch that poses no drastic side effects. The current buzz around black rice speaks volumes about its promise as a nutritional treasure waiting to be fully embraced.

So why not embark on a culinary adventure with this captivating grain and savour the taste and colour that it brings?

According to Dr Kolokotronis, the nutritional composition of black rice unveils an impressive array of amino acids, including essential and non-essential ones. Additionally, it is rich in fatty acids, phenolic compounds,

REVERSE EMIGRATION TREND PICKING UP IN SOUTH AFRICA

Trends being witnessed by the property market and tax specialists point to South Africa experiencing somewhat of a turn in terms of migration, with both groups seeing a trend in expats returning to the country.

According to Tax Consulting SA, the migration patterns in 2024 are set to remain “dynamic”, but there are a growing number of South Africans who once left local shores that are now contemplating a “return to their roots”.

“The world has evolved significantly over the past few years, prompting many to reassess their choices,” the group said.

This trend is rooted in a variety of factors, including lifestyle and cost of living considerations, as well as the allure of affordable luxury in home ownership – something which is nearly impossible in many other markets and popular emigrant destinations.

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BUSINESSTECH

“As the desire to return gains momentum, our practice has seen an increasing number of expatriates inquiring about the practicalities of coming back to South Africa,” the group said.

While the focus is often placed on what South Africans should do or consider when leaving the country, there are a plethora of factors that need to be taken into account for those looking to come back, Tax Consulting said. “As the trend of South Africans returning gains momentum, the key to a successful transition lies in meticulous planning and understanding the regulatory intricacies.

“From securing non-resident status to properly structuring one’s asset portfolio, every step is important,” the group said. Tax Consulting highlighted some of the more technical tax aspects for expatriates looking to make their way back to South Africa:

UNDERSTANDING YOUR LEGAL STATUS

Before delving into the details of returning to South Africa, Tax Consulting said individuals must understand their status for tax and exchange control purposes.

Expats will have to ensure tax compliance every step of the way, and will need a thorough analysis of their financial affairs, including Reserve Bank status, and classification of bank accounts as resident or non-resident.

THE NON-RESIDENT ADVANTAGE

“A critical point around one’s return to South Africa is the significance of being classified as a non-resident beforehand,” the tax experts said.

“Without this, individuals might inadvertently find themselves still considered to be South African tax residents, even if they have physically moved abroad. This distinction is vital to avoid complications down the road and align one’s status with regulatory expectations.”

AFFAIRS BEFORE ARRIVAL

Once non-resident status is confirmed, the focus shifts to structuring affairs before re-entry.

“The need for a meticulous evaluation of assets and liabilities cannot be understated, considering the capital being brought back to South Africa.



Acquiring property is also a common step, driven by the affordability of housing in South Africa. However, the emphasis is on doing it correctly – there is a wrong way to go about things, which can prove expensive and difficult to unwind later on,” the group said.

NAVIGATING TAX IMPLICATIONS

Navigating the tax implications of various assets and incomes, such as foreign pensions, rental income, and offshore trusts requires a detailed roadmap.

“This plan helps individuals make informed choices on what to bring into South Africa, what to leave abroad, and how to structure assets for maximum tax efficiency. The goal is to avoid pitfalls and make the right moves based on a thorough understanding of the tax landscape.”

Estate Duty Dilemma

For higher net worth individuals, the spectre of estate duty looms large.

“Proper structuring becomes imperative to avoid hefty taxes on worldwide assets. Without thoughtful planning, a significant portion of an estate could be lost to a 25% tax rate where asset values exceed R30 million, before even considering capital gains tax and any other dues.

“This makes South Africa less attractive for wealthy retirees who re-enter South Africa without a well-planned and executed approach.”

RESIDENCY PLANNING

When making the journey back home, strategically navigating the South African residency tests is a crucial component.

“Unlike some other countries, South Africa offers a highly nuanced approach to tax residency, providing some flexibility to those returning.”

COST-EFFICIENT STRUCTURES

BUSINESS

For those considering working in South Africa upon their return, it is critical to have an understanding of the cost structure for setting up a business.

Establishing a South African company is cost-effective and efficient, especially when compared to international alternatives.

However, there is a significant need to steer clear of anti-avoidance provisions, which could complicate matters in the long run.

THE IMPORTANCE OF EMOTIONAL WELLNESS



Here's what you need to know about emotional wellness, so you can nurture it.

What is emotional wellness?

It's a "combination of feeling good and functioning effectively", says psychologist Professor Felicia Huppert in a leading study of it in *Applied Psychology: Health and Well-being*.

Emotional wellness affects decision-making, and how we cope with stress and relate to others. It promotes productivity and efficiency in work and studies, reflects in healthy relationships, and allows us to adapt better to changes in life, manage adversity and develop resilience.

Emotional wellness is also important for physical health. Research shows a link between "an upbeat mental state" and lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

Using brain imaging, neuroscientists found positive emotions can trigger 'reward' pathways deep in the brain, including the ventral striatum.

They report that continued activation of this region has been linked to "healthful changes in the body", including lower levels of stress hormones. Negative emotions, on the other hand, can activate the amygdala, which plays a role in fear and anxiety.

How can you nurture emotional wellness?

The same researchers note that subjects who appeared "more resilient and better able to hold on to positive emotions" were people who had practised forms of meditation. And they noted that "growing evidence" suggests meditation, cognitive therapy and self-reflection can help people develop skills to make "positive, healthful changes".

Breathing exercises

"Mindful breathing is calming and empowering," says Durban psychologist Marlene Wells. Set aside a quiet time each day, even 10 minutes. Breathe slowly and deeply, concentrating on your breath. When your thoughts stray, gently bring them back.

Cultivate a healthy lifestyle

Get regular exercise to release feel-good endorphins, and enjoy a healthy diet. According to a recent study in the journal *Nutrition Reviews*,

"a healthy dietary pattern characterised by fruits and vegetables, whole grains, lean protein sources, nuts and legumes, and low in added sugars may lower the risk of anxiety disorders. In contrast, a Western-style dietary pattern that does not meet food-based dietary recommendations is associated with greater risk of anxiety."

Prioritise sleep

Getting enough (7 to 9 hours a night), facilitates the brain's processing of emotional information. The Sleep Foundation reports that lack of sleep appears to be especially harmful to the consolidation of positive emotional content. This can influence mood and emotional reactivity and is tied to mental health disorders and their severity, including the risk of suicidal behaviours, notes a study review (*Current Psychiatry Reports*).

Make connections

Socialising and unburdening with supportive others can be key to emotional well-being. If you struggle to find them, join a group with shared interests, whether reading books, building drones or baking. Positive connections help keep emotions positive.

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CLICKS HEALTH