

"What's Happening" BERGVLIET



"We should not look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience."

~ George Washington

Dear Residents,

I hope you've all had good week despite the extreme heat.

I am also very happy to report that we had a successful first week of the catering service. If we can continue with the same sort of numbers we had this week, we'll be able to expand the offering as we go and grow the catering team to provide a more formal and structured setup.

For those interested, we served 67 guests for dinner on Tuesday night and just over 70 guests joined us for a la carte meals.

As was to be expected, we did have some teething issues but thank you for your positive and constructive approach to these.

You will also notice we have given the Social Dinner Menu its own page so there is no confusion for future dinners.

To help everyone plan in advance we have added a section for upcoming events. Before that however we still have a busy schedule in January and we look forward to seeing you at all these events.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 22 JAN		11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
TUE 23 JAN			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 24 JAN		11h00 CLUBHOUSE AGELESS GRACE CLASS		
THUR 25 JAN			14h00 CLUBHOUSE ART CLASSES	
FRI 26 JAN	08h30 CLUBHOUSE RESIDENT WALK		17h00 CLUBHOUSE SOCIAL DRINKS	
SAT 27 JAN		09h00 CLUBHOUSE LAWN BOULE		
SUN 28 JAN		CLUBHOUSE LAWN BOULE		

FEBRUARY SOCIAL EVENTS

1st – SWIGS wine club
6th – Social Dinner
8th – Tabita Fashions & Miriam's Shoes
8th – Quiz Night
9th – Gordon Rocker Live
13th – Social Dinner “Celebrate Love”

20th – Social Dinner
21st – Canasta
21st – Music Evening
23rd – Pub Night
23rd – Resident Walk
27th – Social Dinner



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y 3 0 T H J A N U A R Y

Warm rolls with salted butter.

Main Course

Fillet Mignon in Mushroom Sauce

Or

*Hake Fillet Baked in Lemon &
Caper Sauce.*


*Served with Buttered Baby Potatoes
& Roasted Baby Vegetables.*

Dessert

Black Forest Parfait.

Or

Cheese Board.



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R195 per person



RESIDENT WALK

FRIDAY, 26 JANUARY | 08H30

MENU - R75

SPARKLING WINE OR COFFEE

TOASTED CROISSANT

filled with streaky bacon and scrambled egg

or

BREAKFAST FRUIT BOWL

seasonal fruit, muesli, plain yogurt and berry compote

**FOR MORE INFORMATION CONTACT MYRLE ON EXT. 3053
TO BOOK FOR CATERING CONTACT RECEPTION ON EXT. 3200**



Sleep better, breathe better, perform better and... just feel better.

Our beds provide the ideal feeding and breeding environment for microorganisms, viral particles and dust mites to thrive, all of which can significantly affect our sleep, health and wellbeing as well as trigger allergies. It doesn't matter how often we change our linen, we will never remove the constant and natural build up that accumulates in our mattresses. CleanMyBed is unlike any other and an extremely effective solution that removes these ecosystems from our sleeping environment thus significantly enhancing our overall sleep and general wellbeing.

CLICK [HERE](#) TO SEE HOW IT WORKS.

Join Dr. Jill Warner, an expert in allergies and immunology, and the team from CleanMyBed for an informative talk about the benefits of a clean bed and an ideal sleeping environment.

30 JANUARY | 10H30

Book at Reception or on ext. 3200 for catering purposes

Music Evening

31 JANUARY | 19H00

PROGRAMME

BEETHOVEN
FIDELIO OVERTURE

Conductor: Alan Gilbert
NDR Elbphilharmonie Orchester

DVORAK
NEW WORLD'S 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

HAPPY Birthday

28 JANUARY

PATRICIA BAYLIS - H17

JACKY ORTON - H31

PENNY PRIDEAUX - A104

3 FEBRUARY

ROD PRICE - H77

4 FEBRUARY

GELNDA WELSH - A11

JANE HOROVSKY - A10

7 FEBRUARY

CHARLES FOSTER - H48

18 FEBRUARY

LYNNE WILMS - H43

19 FEBRUARY

MICHAEL BURCHELL - H40

EARL HARGREAVES - A6

20 FEBRUARY

BRIAN MARQUIS - H66

22 FEBRUARY

VERONICA LAMSON - H57

SUE DALRYMPLE - A101

HAPPY Anniversary

3 FEBRUARY

PETER & MARY SAMPSON - H71

7 FEBRUARY

EARL & JEAN HARGREAVES - A6

12 FEBRUARY

MIKE & JENNI UYS - H8

CONSTRUCTION HAS BEGUN ON CAPE TOWN'S – AND AFRICA'S – FIRST-EVER BIOPHILIC BUILDING – THE FYNBOS

Biophilic buildings blur the lines between nature and the built environment - incorporating elements inspired by our natural surroundings into their

design to create spaces that mimic nature, and help to improve the quality of life for inhabitants and users. They also embrace sustainable building practices to the highest degree, meaning reduced energy consumption and carbon emissions.

Once completed, The Fynbos promises to stand as a poster child for biophilic building design and will become an icon in Cape Town's skyline. This truly unique and innovative mixed-use building will stand 24 storeys high on Upper Bree Street in the heart of Cape Town's CBD, and will feature 689 apartments, a rooftop sunset terrace with a lap pool and co-working space, a rooftop fitness centre, as well as a ground-floor plant-based restaurant, a tearoom, and a botanical bar.

Added to this, The Fynbos will also boast a waterfall at the front reception of the building, which will be the starting point of a unique water feature which will run from Buitengracht to Bree Street. Undoubtedly, one of the most exceptional biophilic design features at The Fynbos will be its exterior,



which will be draped in a 1200m² vertical garden made up of 30 species of indigenous trees and 20 species of indigenous shrubs. The pioneering garden system at The Fynbos was designed by a specialist team of botanists and will be monitored by a highly technical water and nutrient system with automated root scanners, monitored water content and drainage, as well as “flying” gardeners who will manage maintenance externally.

Biophilic buildings set to become the future of inner city living

The announcement made by the developers of The Fynbos, Lurra Capital, that they would be constructing this vanguard building in Cape Town has been met with great excitement and enthusiasm as it heralds the beginning of a new era for South African and African building design, and the future of inner city living.

“Included in these benefits is connecting people to nature in an urban environment – which has been shown to improve mental health, reduce stress, enhance productivity and creativity, and increase overall well-being.”

“Air quality is also improved through the abundant vegetation, which helps filter pollutants, and reduces carbon dioxide levels. Biophilic buildings often include communal areas such as rooftop gardens or courtyard areas, and these spaced allow residents to connect, fostering a sense of belonging and improving social well-being.”

ARTICLE BY:
ENGINEERING NEWS



“Basically, biophilic buildings offer a promising future for inner city living by creating healthier, more sustainable, and community-focused urban environments that prioritize human well-being and allow individuals to maintain a vital connection with nature,” says Lurra Capital.

According to development managers Gardner Property Solutions, who are working with Lurra Capital in the development of the Fynbos building, some of the sustainable building solutions that will be incorporated into the building include water efficiency through low-flow fittings, well-point filtration, and a sophisticated rainwater harvesting system which will be integrated into the unique cantilevered and staggered balcony design. Integrated PV solar panels will generate double the electricity quota needed to power the common areas, minimising fossil fuel consumption, and a central heated water system allows for economies of scale and avoids individual geysers.

Expansive windows and glass sliding doors utilising specialised double glazing will allow in abundant natural light. And the double glazing reduces the amount of energy spent on heating in winter and acts as a sound softener.

“The Fynbos stands as a pioneering testament to sustainable architecture,” says Keagan James of DG Properties, sales agent for The Fynbos. “This innovative project has garnered much local and international attention for its groundbreaking approach. The incorporation of green spaces, natural light, and eco-friendly materials not only contributes to the local environment but also serves as a magnet for local and foreign investors eager to support and be part of a project that epitomizes the harmonious coexistence of modern living and nature in the heart of Cape Town.”

“We are seeing robust interest in The Fynbos,” explains Keith Anderson of DG Properties. “In the last six months, we have enjoyed a steady flow of sales from buyers who are wholeheartedly embracing the arrival of biophilic design to our shores.” “Demand at The Fynbos is strong - despite Cape Town having gone through a particularly bleak winter, coupled with the 11,75% interest rate hike - and we anticipate sales to soar now that construction has begun and the building starts to take shape. The Fynbos will become a destination building of the future and a must-see for visitors to Cape Town.”

Apartments at The Fynbos are priced to appeal to a diverse audience. The luxury studio units start at R1,152 million and range from 24 square metres to 40 square metres. The one-bedroomed apartments start at R1,968 million and range from 34 square metres up to 58 square metres, whilst the two-bedroomed apartments start at R4,920 million and range up to 82 square metres.

PORK MINCE: THE ULTIMATE GROCERY STAPLE FOR 2024



Pork mince emerges as an undisputed champion, offering a symphony of benefits that transcend mere functionality. Plus 7 recipes to try in 2024!

As you embark on your culinary journey in 2024, let pork mince take centre stage, transforming ordinary meals into extraordinary experiences. Add it to your shopping list, and watch it revolutionise your kitchen adventures!

Here's why this culinary powerhouse deserves a top spot, offering many benefits that go beyond mere sustenance:

Nutrition

Pork mince isn't just about taste; it's a nutritional goldmine. Packed with protein, it's a vital building block for muscle repair and growth. Moreover, it's brimming with essential vitamins and minerals – B vitamins like B6, B12, niacin, along with phosphorus and selenium – contributing to your overall health with every savoury bite in 2024!

Pro tip: ask your butcher for lean pork mince if you're looking for a good source of lean protein for any #health goals in 2024.

Affordability

For the savvy shopper, pork mince is a game-changer. Its cost-effectiveness makes it a hero for budget-conscious meal planners, providing delicious, high-quality protein-rich meat without denting your wallet!

Versatility

Pork mince is super adaptable to many various flavours! Its neutral flavour profile readily absorbs various seasonings, herbs, and spices, making it ideal to suit a wide range of cuisines and dishes. Pork mince can also be utilised in numerous cooking methods – from stir-frying and grilling to pan frying and baking – offering endless possibilities for meal preparation!

Convenience

Time-strapped weeknights or rushed lunches? Fear not! Enter pork mince, the answer to tasty quick-cooking meats! Its rapid-cooking nature ensures speedy meal preparations without compromising on taste or quality.

Creativity

Fuel your culinary creativity by experimenting with pork mince and innovative recipes in 2024! Whether you're a culinary enthusiast or a family cook, the versatility of pork mince caters to various palates, inspiring diverse and flavourful creations that tantalise taste buds and unite families around the dining table.

7 Recipes to try:

1. [Cheesy mushroom and pork enchiladas](#)
2. [Spicy pork with glass noodles and mint](#)
3. [Homemade sausage rolls](#)
4. [Watch: How to make "blonde" Bolognese](#)
5. [Pork ginger and apricot kofta](#)
6. [Pork meatballs with melted cheese centers](#)
7. [Curry pork jaffles](#)



click on
each dish for
the recipe

10 THINGS TO DO IN THE ELGIN VALLEY



Just an hour outside of Cape Town, Elgin is becoming a must-visit South African tourism destination. Whether you're a nature enthusiast, a wine connoisseur, or someone seeking a tranquil escape from the bustling city life, Elgin offers an array of activities to enjoy on your next holiday. Visit for a day, or make a weekend break of it and spend a few days exploring everything the region has to offer. Either way, we can promise that you won't be disappointed!

1. Visit South Hill

Of course, one of the primary attractions of visiting Elgin is the vineyards and South Hill is one of the best. Here you can sample a variety of wines produced on-site as the knowledgeable staff guide you through the characteristics of each wine. Once you've sipped on the wines on the sunny lawns, and explored the vineyard maze, be sure to spend some time in the restaurant, which is open from Wednesday to Sunday for tapas-style breakfast and lunch. One

of the differentiating factors of this restaurant is that it is also an art gallery, with each piece of exquisite canvas décor, and even the brightly coloured wine barrels available for purchase.

2. Pop in at Peregrine Farm Stall

Peregrine Farm Stall is a popular stop for travellers on the N2 between Cape Town and the Garden Route but it's also become a destination in its own right. The deli here is a great place to stop for a bite to eat, whether you are looking for a quick snack or a leisurely meal, and their homemade pies are so legendary that you can now buy them frozen to take home.

While it may have started in the '60s as a simple shop for local farmers, it has now developed into an unmissable family-friendly attraction with a number of boutique arts and crafts stalls, an antiques shop, jungle gym, book bus and nursery.

The wine section here is also a great place to stock up on all your favourites from the area or grab some great bargain bin buys, and on any given day there's usually a couple wines to taste on offer as well.

3. Sip and savour at the Elgin Railway Market

Located in a historic railway station building, this market has to be one of the most charming and atmospheric in South Africa. Featuring a stunning vintage-style in a beautiful rustic environment, the décor is delightfully distinctive but the class and style doesn't end there.

Here you can browse a range of artisanal products, including local crafts and gourmet food – all of which is served on real plates with metal cutlery – an unexpected luxury when eating out at a market and the bar is fully stocked with a range of wines from the valley to pair with your meal. Open on Friday nights and weekends the market also hosts live musicians, and has its own elegant tasting room, which adds to the appeal of the place and if you want to, you can even decide to arrive by vintage steam train!



ARTICLE BY:
WINE.CO.ZA

4. Views, dogs and koi fish at Almenkerk

Although its buildings look like something out of an architectural magazine, from the minute you walk through the doors at Almenkerk Wine Estate you'll feel at home. Tastings here are served in a gorgeous glass box or outside in the courtyard. You overlook the koi ponds (which kids are encouraged to feed), while one of the estate's massive resident dogs lies nestled at your feet.

The Almenkerk wines stand out from the rest, not only due to their deliciously balanced flavours, but also the estate's commitment to sustainable farming practices. The warm hospitality of the Almenkerk team adds a personal touch to the visit. All this creates an unforgettable and enriching wine-tasting experience.

5. Taste some cider at Everson's

Elgin is not just about wine. Lovers of finely crafted ciders will be pleased to discover that Everson's Cider recently opened up their very own tasting room here. Here you can indulge in a unique tasting of Everson's complete range, including complimentary inclusions of their non-alcoholic drinks. Choose to sit inside the rustic brick building or up on the rooftop overlooking the valley with some springboks frolicking below. Discover a mind-blowing small-batch cider that will see you avoiding the mass-produced alternatives forever more.

6. Bubbles at Charles Fox

It was a bottle of Charles Fox MCC that I popped when my first child was born and I'll never miss an opportunity to return to this estate to stock up on their delicious bubbles. With the estate renowned for their dedication to the art of traditional method sparkling wine production, here you are treated to a refined selection of champagne-style wines, each crafted with precision and passion.

A tasting here is accompanied by a history lesson about the farm and its owners as well as detailed information about the intricate nuances of the sparkling winemaking process. The panoramic views of the Elgin Valley and the serene, laid-back, homely ambiance only serves to enhance the overall experience.

7. Fly with Cape Canopy Tours

Looking for an exhilarating adventure quite like any other? Cape Canopy Tours is renowned for its zipline experience, giving you the chance to soar through the Hottentots Holland mountains, while taking in views that few, if any, other places can replicate. Traverse platforms and bridges high above the ground before gliding along the steel cables at incredible speeds. However, be sure to open your eyes while doing so. It's not only the adrenaline rush you'll want to remember but also the incredible natural beauty of the region that you'll get to experience from this unique perspective.

8. Hiking and mountain biking

Elgin is surrounded by the Hottentots Holland Nature Reserve, making it a great destination for hiking and nature walks. Many of these aren't for the faint of heart, though, so be sure to check your routes thoroughly before heading out. The area's many vineyards and farms might offer some gentler walks for families and

beginners as well as mountain biking trails catering to different skill levels, before you retire to the tasting room for a well-earned rest. If you're a particularly keen cyclist, be sure to head to Trail's End for your mountain biking pass. Here, you'll also find a unique restaurant, bike workshop, pump track, and even a mountain biking museum.

9. Cool off in the water

Summer in the Western Cape can get hot and while the cool sea breezes help to keep the vineyards cool, you may be looking for something a bit more refreshing than a crisp glass of Chenin Blanc. At Old Mac Daddy you can go stand up paddle boarding or zorbing in the dam while at Elgin River Lodge leisurely boat cruises, followed by pizza and wine on the deck, is the order of the day. Perfection!

10. Apple picking in the orchards

What would a visit to Elgin be without some apple picking in the orchards? The right season to visit to indulge in this activity is between March and May when the harvesting happens. One of the best places to enjoy this agri tourism activity is at the newly opened Cheverells Farm which also features a gorgeous country café and gift shop, wellness studio and glass greenhouse nursery to explore. In the heart of apple country, Paul Clüver Family Wines is also one of the region's most well known wine estates where you can not only enjoy a wide range of award-winning varietals but also participate in unique events, including open-air concerts under the stars.



GARDENING MASTERY: GROWING AND CARING FOR CLIVIAS

Clivias are one of South Africa's indigenous super stunners and have become quite the collector's dream. Luckily, you don't have to be a horticulturist to grow these distinguished plants, just some back to basics know-how from *Life is a Garden*. Learn how to correctly harvest clivia seeds, how to grow them, and how to provide long term care for your elite lovelies.

The clivia craze

What's so special about these plants anyway? For starters, they produce simply exquisite trumpet-like, fragrant flowers with dramatic blooms in sunset shades, both as solid colours and as delightful bi-colour varieties. Owing to their lengthy germinating time (one year from seed to pot) they've rightfully earned their place in the professional landscapers garden. Up for the challenge? These beauts can be grown as hero houseplants in a well-lit area, in shaded beds, or in pots on the patio with no direct sunlight. They thrive in rich potting mix with good drainage. Clivias are most active from autumn to spring, but they'll retain their dainty evergreen foliage all year round.

ARTICLE BY:
ATLANTIC FERTILISERS

Top tip:

Garden centres are stocked with a truly splendid variety of potted clivias to choose from.

Growing clivias from seed

There are two ways to get your green fingers on some clivia seeds:

1. Pop down to your GCA Garden Centre and purchase a seed packet.
2. Wait for established clivias to produce berries, which contain seeds.

When clivia flowers are pollinated they produce large red berries. Pick your berries as they begin colouring then pop them onto the operating table and follow these steps:

- Use your thumbs to break open the berries and then remove the insides.
- Clean up the flesh, skin, and membrane surrounding the seeds inside.
- Once you've got the gold, wash all the seeds in a gentle anti-bacterial solution (some dishwashing liquid and water will do). As you're cleaning the seeds, remove any remaining skin and pop them onto a paper towel.

- Prepare your growing mixture with equal parts palm peat and perlite, both available from your garden centre. Mix in some water to dampen the soil as well.
- Fill seedling trays with your super mix and pat the surface. Plant the clivia seeds with the eye nob part facing down. You want to space seeds about 2,5 cm apart with the tops of the seeds still exposed. In other words, when planting clivia seeds do not press them all the way down into the soil.
- Give all the seeds in the container a good watering and then cover the tray with a plastic bag or glass. Pop your babies in a warm but sheltered area that receives full sun.
- Check on your babies daily, assessing growth and ensuring the soil remains moist at all times. You'll know they're happy when the bottom of the seeds begin to sprout baby green legs.
- Now for the hard part. Your clivia seeds will only be ready for transplant after a year. They are definitely worth the wait and reward though, so keep up the care and garden on!



Caring for your clivias

After all that dedication, you want to make sure you give your clivias the best care possible. Here are some handy tips for how to care for established clivias in the garden:

- Clivias need to be divided every three to four years during spring or early summer. You'll know it's time when the rhizomes become overcrowded and the root ball rises above soil level. Always wait until they've finished flowering before dividing.
- To correctly divide your potted clivias, carefully remove the mother plant from the container and shake off the excess soil to better see the divisions.
- Use a sharp, clean knife to cut the clumps apart or use your fingers to pry them open. You can now transplant separated clivias into new pots for even more patio splendour.
-

- To divide outdoor clivias, use a spade and lift the ground around the plant (at least 15cm distance to the stem), taking care not to damage the roots. Once removed from the bed, wipe away excess soil to reveal the root clumps. You can now cut and divide as needed and replant in another shady bed in need of bedazzling.
- Fertilise your clivias monthly in spring and summer for max blooming power (avoid feeding in winter). Go for a slow-release liquid fertiliser like Bio Ocean.
- Pest alert: Look out for the lily borer! Regularly check your bulbs and especially your clivias for signs of this pesky critter. You'll notice clusters of tiny eggs underneath leaves, which are laid by a white moth with a 4cm wingspan. Visit your garden centre for the best pest control solution.

High in ornamental value, long-lasting flowering intervals, excellent cut-flowers, and evergreen – clivias are definitely worth it. Go from novice to pro with these sought after bad girls by following the above tips for success. Clivias also make for exquisite gifts so next time you're on a split and divide mission, pot a few for friends and family.

