

# *"What's Happening"* BERGVLIET



*"Try not to become a man of success, but rather try to become a man of value."*

*~ Albert Einstein ~*

Dear Residents,

I hope you are all well and that you have had a good, if rather hot, week. We finally shake off the last of "Janu-worry" as we welcome in February and look forward to quite an event-filled month.

We begin with another fully booked SWIGS wine-tasting evening on the 1st, and on the 9th, we kick the year off on a high 'note' with a live performance by Gordon Rocker.

Valentine's Day is up next but this year we're celebrating it a day earlier, on Tuesday the 13th. It can be a tough time for some but is also the perfect day to cherish those dearest to us. So, whether you want to celebrate it as a Date Night or you just want to enjoy the love shared between friends or family, everyone is welcome! Bring one or bring them all, it will be an evening of delicious food and freindly faces.

In the second half of the month join in the fun and laughter at the first Pub Night of 2024, and probably the first event where residents can really make use of our new bar area. This is a perfect opportunity for new residents to jump in the deep end and get to know those in your road, and greater community, a little better.

I would also like to wish everyone who is celebrating a birthday or anniversary this month a very special day. The team and I wish you good health and happiness for the year ahead.

Wishing you all a wonderful weekend.

Regards  
Riaan and the Evergreen Team

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# WEEKLY ACTIVITIES

<b>MON</b> 29 JAN		11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 30 JAN			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 31 JAN		11h00 CLUBHOUSE AGELESS GRACE CLASS		
<b>THUR</b> 1 FEB			14h00 CLUBHOUSE ART CLASSES	18h00 CLUBHOUSE SWIGS WINE TASTING
<b>FRI</b> 2 FEB	08h30 CLUBHOUSE RESIDENT WALK		17h00 CLUBHOUSE SOCIAL DRINKS	
<b>SAT</b> 3 FEB		09h00 CLUBHOUSE LAWN BOULE		
<b>SUN</b> 4 FEB		CLUBHOUSE LAWN BOULE		

## FEBRUARY SOCIAL EVENTS

1st – SWIGS wine club  
6th – Social Dinner  
8th – Tabita Fashions & Miriam's Shoes  
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 ,   6   F E B R U A R Y

*Warm rolls with salted butter*

### *Main Course*

*Roasted Pork Tenderloin with  
Dijon Cream Sauce*

*Or*

*Individual Beef Wellington &  
Rosemary Jus*


*Served with Garlic Mashed Potatoes  
& Grilled Summer Vegetables*

### *Dessert*

*White Chocolate Panna Cotta  
with Berry Coulis*

*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

# GORDON ROCKER



**9 FEBRUARY | 19H00 | R80PP**

GLASSWARE AVAILABLE FROM THE BAR - "BYOB"

**BOOK AT RECEPTION OR ON EXT. 3200**



# HAPPY Birthday

3 FEBRUARY  
ROD PRICE - H77

4 FEBRUARY  
GLENDA 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

# RESEARCHERS CREATE AN A.I. TOOL WITH A NOSE FOR FRAUDULENT WINE

**F**raudsters who pass off ropey plonk as a high-end tippie may soon have artificial intelligence on their case!



Scientists have trained an algorithm to trace wines to their origins based on routine chemical analyses.

Researchers used machine learning to distinguish wines based on subtle differences in the concentrations of scores of compounds, allowing them to track the wines back not only to a particular vine-growing region, but to the estate where the wine was made.

“There’s a lot of wine fraud around with people making up some crap in their garage, printing off labels, and selling it for thousands of dollars,” said Prof Alexandre Pouget at the University of Geneva in Switzerland. “We show for the first time that we have enough sensitivity with our chemical techniques to tell the difference.”

To train the program, the scientists turned to gas chromatography, which had been used to analyse 80 wines harvested over 12 years from seven different estates in the Bordeaux region of France. The technique is commonly used in laboratories to separate and identify the compounds that make up a mixture.

Rather than trying to find individual compounds that distinguish one wine from another, the algorithm draws on all of the chemicals detected in the wine to work out the most reliable signature for each. The program displays its results on a two-dimensional grid, where wines with similar signatures group together.

“The first thing we saw, that jumped straight out at us, is there are clusters that correspond to a specific chateaux.

That told us right away that there is a chemical signature specific to each chateaux, independent of vintage,” Pouget said. “It’s the overall pattern of concentrations of many, many molecules that distinguishes a chateaux. Each is a symphony: there isn’t a single note that distinguishes them, it’s the whole melody.”

The plots revealed a lot more besides. Strikingly, the positions of the clusters mirrored the locations of estates on the ground, with wines from three chateaux north of the Dordogne River clearly separated from four chateaux west of the Garonne River. “When we do these projections from the chromatograms we recover the map of Bordeaux,” said Pouget.

“The power of machine learning for this kind of investigation is becoming more evident with each new application in food and agriculture,” said David Jeffery, an associate professor in wine science at the University of Adelaide and co-author of the book *Understanding Wine Chemistry*.

A host of factors, from the grapes and the soil to the microclimate and the winemaking process, influence the concentrations of compounds found in the wines at each chateaux. While the program traced wines back to the correct chateaux with 99% accuracy, it struggled to distinguish vintages, reaching a 50% accuracy at best.

The research, due to appear in *Communications Chemistry*, suggests machine learning could aid fraud investigations by confirming whether the wine matches its label. In Europe, where fake booze is responsible for €3bn (£2.6bn) in lost sales annually, recent cases have highlighted the size of criminal networks active in the industry. Earlier this year gang members were convicted for bringing tankers of Spanish table wine into France before passing it off as French. The fraud played out over years and is believed to have involved the equivalent of nearly 5m bottles, some of which were re-packaged as bordeaux.

While fraud detection is the most obvious application for the program, Pouget said the approach could be used to monitor quality throughout the winemaking process and to ensure it is well blended. “We could use this to figure out how to blend wines to optimise quality,” he said. “Wine blending is the key step in making great bordeaux and champagne. So far, this is done by a few winemakers who are paid a fortune for their skills. Having tools like this would make it a lot cheaper to make great blends, which would benefit everybody.”

ARTICLE BY:  
THE GUARDIAN



# SAUCE IT UP: THE BBQ SAUCE TASTE TEST RESULTS ARE IN!



Gather 'round, food aficionados and BBQ sauce enthusiasts! The savoury-sweet aromas of summer are beckoning, and what better way to embrace the sizzle of the season than with a mouthwatering Taste Test?

The team at Food24 fired up the braai and embarked on a delectable journey to uncover the finest store-bought BBQ sauces!

In this edition of their tantalising Taste Tests, they tasked their seasoned team with the enviable job of sampling BBQ sauces readily available on store shelves. From tangy and sweet to smoky and spicy, these sauces are the hidden gems that transform any braaied feast into a symphony of taste!

## 1. MISSISSIPPI ORIGINAL BBQ SAUCE

Dubbed the “smoke show”, this sample was the tasting team’s favourite sample of the day. It had a beautifully homogenous texture and silky smoothness to it. It was also well balanced, both satisfyingly sweet and with a wholesome tangy tomato flavour to it.

But the winning factor was its smokiness, which adds an insane flavour dimension to the overall taste experience.

“This one is a real smoke show! The flavour depth is unreal, smoky, sweet and tangy – BBQ sauce dreams for sure,” said one of the tasters. Another taster noted: “Really nice blend of flavours: it’s tangy, sweet, smoky, tomatoey — everything is well balanced.”

R99.99 for 510g bottle



## 2. STEERS BARBEQUE SAUCE

Dubbed the “chipper’s dip”, even in a blind Taste Test, this sample was picked as being the BBQ sauce from Steers, with one taster noting: “This is 100% Steers ... all I need now is some of their chips!”

Although the sample was a bit thicker than some of the others, it had a good flavour balance to it. One taster called it “a good all-rounder of a BBQ sauce”.

R34.99 for 375ml bottle







### 3. BACKYARD FARMS BBQ SAUCE

Although this sample was all kinds of delicious, there was some debate around whether it could be considered a BBQ sauce, with the team saying that it was more reminiscent of a curried chutney dip. But nonetheless, it was completely delicious!

Texture-wise, it was quite thick and a bit on the chunky side. This sample was affectionately dubbed the “samosa dip”, with a taster noting: “It is bloody delicious but not really a BBQ sauce; it would definitely be my go-to samosa dip!”

R50.00 for 250g bottle



### 4. SPUR BBQ SAUCE

Tasters found this sample to be watery and noted that the flavours weren’t really that balanced. One taster said that the sample tasted like “HP sauce but watered down,” and another noted that “there was a brief moment of tanginess and then it just faded away to a watery after flavour”.

R59.99 for 500ml bottle



### 5. HQ FOODS BBQ SAUCE

This sample had a gelatinous feel to its consistency and it was very thick and gloopy. It wasn’t very flavoursome either, with one taster noting that it was overly sweet and just lacked the desired BBQ flavour depth. Another taster said that it “tasted vaguely of Worcestershire sauce, but lacked any real BBQ sauce flavour-vibes”.

R22.99 for 500ml bottle





# ADRENAL MOCKTAILS FOR A HYDRATING, HEALTHY TWIST!



## HOW TO CRAFT HYDRATING ADRENAL MOCKTAILS

### Ingredients:

- ½ cup freshly squeezed citrus juice (oranges, grapefruit, lemons or limes)
- A generous pinch of sea salt
- A generous splash of coconut water for the ultimate hydration or sparkling water for that effervescent kick
- Add some pizzazz: a handful of fresh berries, a sprig of mint, fresh ginger slices (for a zingy soothing twist), a pinch of turmeric (renowned for anti-inflammatory properties) paired with black pepper for better absorption or a dash of cinnamon (for potential stress-reducing benefits)
- Sweetener to taste: honey, agave or a touch of maple syrup

### Steps:

- Begin with the citrus juice in a shaker.
- Add a pinch of sea salt.
- Top with coconut water or sparkling water.
- Elevate with berries, mint, ginger, turmeric or cinnamon.
- Sweeten according to your preference with honey, agave or maple syrup.
- Shake or stir your concoction until perfectly blended.
- Pour over ice in a glass.
- Garnish with a citrus slice or a few sprigs of aromatic herbs.
- Sip, savour and enjoy!

Remember, while these mocktails can be a delightful addition to your routine, balance is key. Pair them with a healthy lifestyle, good nutrition and plenty of rest for optimal well-being.

### INGREDIENTS IN ADRENAL COCKTAILS

These cocktails typically contain the following components:

- Citrus juice. Rich in vitamin C, citrus fruits are believed to support the immune system and provide essential nutrients for adrenal function.
- Coconut water. A source of electrolytes and potassium, coconut water is considered hydrating and may contribute to overall well-being.
- Sea salt. Adding a pinch of sea salt is thought to provide essential minerals, including sodium.
- Adaptogenic herbs. Some recipes include adaptogenic herbs like ashwagandha, rhodiola or holy basil. These herbs are believed to help the body adapt to stress and promote overall resilience.
- Spices. Ingredients like ginger, turmeric or cinnamon may be included for their potential anti-inflammatory properties.

While we're not here to debate the scientific backing of adrenal mocktails, with ingredients like freshly squeezed citrus juice and coconut water, one thing is for sure: adrenal mocktails are bound to be super hydrating!

Which means they're a delightful way to infuse hydration and fun into your daily routine in 2024, especially if finding balance and embracing a healthier lifestyle is something you're prioritising this year.

**A**drenal mocktails have surged in popularity due to their association with potential health benefits, particularly in supporting adrenal gland function. The adrenal glands play a vital role in producing hormones such as cortisol, adrenaline and aldosterone, which are essential for regulating various bodily functions, including stress response, metabolism and immune function.

The concept behind adrenal mocktails is rooted in the belief that certain ingredients, when combined, can nourish and support the adrenal glands. It's essential to note that while adrenal mocktails have gained popularity in certain wellness circles, the scientific evidence supporting their specific benefits for adrenal health is limited.

The term "adrenal fatigue" itself is not widely recognised in mainstream medicine, and claims associated with it may lack scientific substantiation.

So, what exactly is an adrenal mocktail? Essentially, it's a non-alcoholic, power-packed elixir designed to pamper your adrenal glands – the unsung heroes that keep stress at bay!

ARTICLE BY:  
FOOD24



# TRENDING GARDEN IDEAS FOR 2024



Each year, fabulous new garden trends are introduced and wonderfully creative ideas emerge to encourage gardeners to find fun ways to up their gardening game!

Here are a few ideas to look out for.

## Gravel Gardens

With the hot summer climate, gravel gardens are ideal because of how they retain water. Considered by gardeners as sustainable, low-water garden and low maintenance. This garden style is alive with texture, and form all while using much less water than traditional gardens. Another benefit of having a gravel garden is how effective a barrier is to germinate weed seeds.

## Prioritise Pollinators

If your garden is full of pollinator-friendly plants, be sure to expect a variation of pollinator insects. Seeing bees, butterflies, beetles and birds is a sign that your garden is wildlife-friendly. By selecting plants that provide habitat and food for birds and insects, you'll create a garden that is beautiful, sustainable and biodiverse.

## Planting Textural Plants

Textural plants are a great element in garden design and are gaining popularity. A plant's texture depends on the characteristics of its leaves, the shape, size, and smoothness. Gardeners are getting more and more into textural plants. The right combination of texture plants adds interest to a garden.

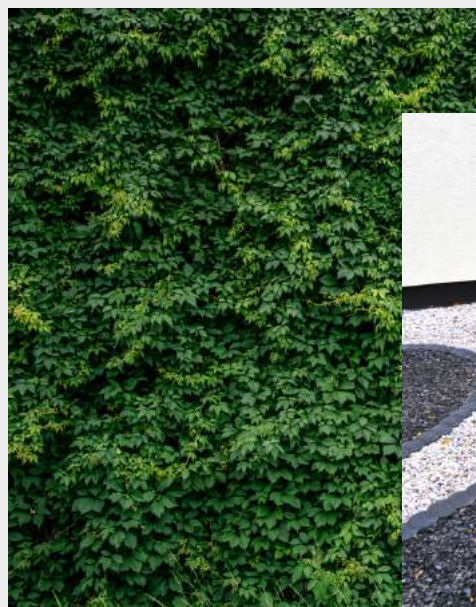
## Indoor Gardening

Year in and year out, indoor gardening remains a popular trend. More people are turning their home spaces into green sanctuaries by cultivating houseplants, herbs, and even small vegetables indoors.

This gardening idea has its benefits as it improves indoor air quality, and enhances overall well-being. This gardening design offers a practical solution for those with limited outdoor space.

## Repurposing and recycling

Recycling and repurposing old items into garden features is a trend that is continuing into 2024. Gardeners embrace creative ways to reduce waste by incorporating recycled and reclaimed materials into their gardens. This increases the sustainability of gardens. Using repurposed and recycled items adds a unique, personal touch to your garden designs.



ARTICLE BY:  
GARDEN & HOME