

# *"What's Happening"* BERGVLIET



*"The simple things are also the most extraordinary things,  
and only the wise can see them."*

*~ Paulo Coelho ~*

Dear Residents,

I hope you are all well and that you have had a great week.

Even though we did not begin the new month with an overly busy schedule, we will certainly be at full tilt this coming week...

We begin with the Social Dinner on Tuesday. On Thursday, indulge in a little retail therapy with Tabita Fashion and Miriam's shoes, and on Friday night, get your dancing shoes on for the highly anticipated return of Gordon Rocker.

*\*Please Note: we have two events this week requiring exclusive use of the clubhouse and these will take place on Wednesday and Saturday.*

Don't forget the "Celebrating Love" Social Dinner on Tuesday the 13th. Be sure to book your seats and remember, it's not just for couples, cherished friends and family are most welcome too.

Thanks all round for another positive week in the Bistro. Because of your continued support, we will soon be sharing some positive changes we've been able to implement. Until then, 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

### SONNENHOF BISTRO

Social Dinner Menu

### IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

### ARE YOU REALLY WHAT YOU EAT?

A look into the Netflix twin experiment

### RECORD-BREAKING 2023

Cape Town Tourism's innovative 'Glocal' initiative

### MZANSI TWIST

Grown-up soda floats

### EXPERT TIPS

Your body may not be absorbing your supplements

# WEEKLY ACTIVITIES

<b>MON</b> 5 FEB		11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 6 FEB			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 7 FEB		11h00 CLUBHOUSE AGELESS GRACE CLASS		17h00 CLUBHOUSE CELEBRATING JACKIE MARQUIS
<b>THUR</b> 8 FEB	10h00 CLUBHOUSE TABITA FASION & MIRIAM'S SHOES		14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 9 FEB			17h00 CLUBHOUSE SOCIAL DRINKS	19h00 CLUBHOUSE GORDON ROCKER
<b>SAT</b> 10 FEB	09h00 CLUBHOUSE LAWN BOULE			16h30 CLUBHOUSE CELEBRATING BILL KIRKWOOD
<b>SUN</b> 11 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 , 13 F E B R U A R Y



Sparkling Wine served on arrival

Warm rolls with salted butter

---

### MAIN DISHES

Bacon Wrapped Chicken Breast Stuffed with Spinach & Mozzarella

Or

Red Wine Braised Beef Short Rib (deboned)

Served with Wild Mushroom Risotto & Roasted Julienne Vegetables

---

### DESSERT

TRIO OF DESSERTS

Red Velvet Cupcake, Berry Macaroon, White Chocolate Mousse

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

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

7 FEBRUARY

EARL & JEAN HARGREAVES - A6

12 FEBRUARY

MIKE & JENNI UYS - H8



# ARE YOU REALLY WHAT YOU EAT?

## A LOOK INTO THE NETFLIX TWIN EXPERIMENT



Click here to watch the Netflix trailer



**W**e have all heard the saying ‘You are what you eat,’ right? Many believe that its meaning is simply telling us to watch what we allow our bodies to consume because of the effects the types of food you eat can have on your body.

A new Netflix documentary has put this theory to the test. *You Are What You Eat*, showcases sets of identical twins as they adopt different diets. The experiment is compelling because, being genetically identical, the health of each twin is very similar before the trial.

Published in the medical journal *JAMA Network Open* in November 2023, the first-of-its-kind study recruited 22 pairs of identical twins, split up by diet. In each twin pair, one was randomly assigned to eat a healthy vegan diet for eight weeks while the other was assigned a healthy omnivore diet that included meat, eggs, and dairy. Those in the vegan cohort ended the study with much better health outcomes, particularly lower fasting insulin and lower cholesterol — a key indicator for heart health.

In the world of nutrition research, the recent twin study has captured significant attention, especially with the release of the Netflix documentary series.

The study’s findings align with extensive research promoting the advantages of healthy plant-based diets. During the Stanford study’s initial four weeks, participants consumed pre-prepared frozen meals, while the subsequent four weeks required them to follow basic principles, emphasising minimally processed foods and a mix of vegetables, starches, proteins, and healthy fats.

Of particular interest to researchers was the impact on participants’ low-density lipoprotein cholesterol levels (LDL-C), commonly known as “bad cholesterol,” a crucial indicator of heart health. The omnivorous group saw minimal changes in LDL-C levels, averaging 116.1 milligrams per deciliter, which exceeded the recommended 100 mg/dL maximum. In contrast, participants on the vegan diet experienced an average 13 percent reduction in LDL-C levels, dropping to 95.5 mg/dL. Additionally, fasting insulin levels decreased by an additional 20 percent for the vegan group, showcasing potential benefits in diabetes risk. Surprisingly, the vegan participants also shed an average of 4.2 more pounds than their omnivorous counterparts, even though weight loss wasn’t a primary focus of the study.

While the vegan group did show a slight decrease in vitamin B12 levels, it wasn’t at a deficiency level. Nutrition experts suggest that vegetarians and vegans take a B12 supplement, though this was not recommended in the study. Recognising the study’s short duration (eight weeks) as a limitation, experts emphasize the preference for longer-term studies in the complex and intricate field of nutrition science. Adhering to a diet is crucial for its effectiveness, and many individuals, even in the vegan cohort, found it challenging to maintain the lifestyle post-study.

Despite the low retention in full veganism, the two-month experiment had a positive impact, with nearly all participants expressing a commitment to incorporating more plant-based foods into their diets. For those aiming to enhance their health and reduce their environmental impact through plant-based eating, experimenting with a flexitarian diet might be a practical and sustainable starting point. In essence, while *You Are What You Eat: A Twin Experiment* takes significant strides in raising awareness about diet, health, and sustainability, it represents just the beginning of a much larger, more nuanced conversation. There’s a wealth of potential for future explorations in this field to provide more balanced, comprehensive, and culturally sensitive views on nutrition and its role in our lives.

ARTICLE BY:  
FOOD & HOME

# RECORD-BREAKING 2023 PROPELS CAPE TOWN TOURISM'S INNOVATIVE 'GLOCAL' INITIATIVE



In the wake of a record-breaking year, Cape Town Tourism has announced an innovative plan for 2024 that aims to transform the global travel industry. As the official Destination Marketing and Management Organisation (DMO) for the city, they plan to build upon their historic accomplishments and redefine conventional limits with their ground breaking 'GLOCAL' initiative.

## A year of unprecedented achievements

"2023 was a year where we shattered all expectations," reflected Enver Duminy, CEO of Cape Town Tourism. "Our visitor numbers soared to new heights, laying a robust foundation for the exciting journey ahead. As we step into 2024, we're not just riding on past successes but catapulting into a future where Cape Town becomes synonymous with pioneering tourism and enriching lives."

"Our city is already seen as a global destination of choice. In fact, Cape Town was just named the Second Best City in the World by Time Out Magazine, so 2024 is off to a great start!" Alderman James Vos, Mayoral Committee Member for Economic Growth,

said the robust recovery of Cape Town's tourism sector was a direct result of the City's partnerships and marketing programmes. "We are witnessing a remarkable resurgence in both domestic and international visitors that comes on the back of wide-ranging campaigns that penetrated multiple key and new markets."

"Additionally, our funding of and work with partners such as Air Access and Cruise Cape Town (both administered by Wesgro) and Cape Town Tourism saw us increase flights, cruise ships and city-to-city connections that helped to land more visitors. It's exhilarating to see our beloved city buzzing with tourists, affirming Cape Town's status as a premier global destination."

## Reflecting on a successful 2023

Cape Town International Airport was bustling in December 2023, with a 20% increase in domestic visitors from the previous year, totalling 354,025 arrivals.

The number of arrivals for the month was 518,190, a 19% increase from 2022.

Mark Maclean, regional general manager at Cape Town International Airport, expressed his satisfaction with the passenger growth, highlighting the positive impact on tourism and trade. "We are very pleased with the passenger growth and thank all visitors for their cooperation and support when visiting the airport. As we focus on the coming weeks and the remainder of the peak season, we anticipate continued high passenger volumes as our visitors enjoy the summer."

The V&A Waterfront also had a record-breaking season in 2023, with significant increases in visits and trade from the previous year. Significant investments in food and retail offerings, hotels, and attractions, including the newly launched Time Out Market Cape Town and the relaunched Cape Wheel, contributed to this success.

ARTICLE BY:  
BIZCOMMUNITY





## A strong show of local support

Cape Town Tourism's latest figures reveal a robust domestic travel market, with a significant percentage of South Africans choosing to explore their own backyard. Intent to travel domestically was at a high of 94%, with an equal take-up rate, indicating that nearly all those who made local holiday plans followed through on those intentions.

"I had such a fun time experiencing everything Cape Town has to offer this December. The weather was fantastic, and even though it was a bit congested at times, we still got to experience everything we wanted. There really is no other place like Cape Town. I wish I could have stayed a bit longer," said Ciali Browne from Pretoria.

## Local triumphs pave the way for global alliances

Following the unprecedented success of 2023, Cape Town Tourism is now actively pursuing groundbreaking initiatives to elevate the region's global presence. The DMO is strategically engaged in forging a transformative global partnership with prominent world cities, marking a pioneering collaboration that promises to extend the international allure of Cape Town.

This venture will redefine the partnership landscape, setting a new standard for cross-city collaboration. The DMO says it continues to build on the triumphs of the past year by committing to fostering relationships that go beyond borders and contribute to the sustained growth and prosperity of Cape Town as a global destination.

David Green, CEO of the Waterfront, says, "The Waterfront has had its strongest festive season yet, with a record number of visitors and sales, living up to our billing as the country's leading tourist destination and a major contributor to the city's economic growth. We had over 3 million visits from locals, other South Africans, and many international tourists, who enjoyed the best of the city in our safe and vibrant neighbourhood.

"Our year-on-year visitor numbers climbed 25% from 2022, and we recorded bumper retail sales of R1.2bn, up 16% from 2022. Additionally, we hosted our biggest NYE event to date, with some 80,000 attendees. We continue to see strong growth prospects for the Waterfront, with tourism offering much-needed job creation, and economic growth within the City and province."

Despite some closures due to weather and fires, Cape Town's attractions saw a significant visitor increase. Kirstenbosch National Botanical Garden reported a 6% increase when compared to December 2022, welcoming 112,400 visitors. Chapman's Peak Drive saw a 15% recovery compared to 2022, with 111,538 visitors.

Groot Constantia, the oldest wine estate in South Africa, welcomed 72,476 visitors, a remarkable 55% increase from 2022. Table Mountain and Two Oceans Aquarium also reported substantial foot traffic, with 106,959 and 81,000 visitors, respectively.

Alderman Vos emphasised the transformative power of tourism in creating jobs and supporting the local economy. "Our goal is to create a tourism-related job in every household in Cape Town. This speaks to our mission under the banner of our Responsible Tourism charter which we are working on issuing this year to local industry operators.

"Responsible Tourism is about crafting and nurturing places that are not only captivating to visit but also enriching for those who call them home. This industry is not just about attracting visitors; it's about fostering an ecosystem that supports our local businesses and communities, driving forward our city's prosperity."





Duminy adds, “2024 is the year we embark on our groundbreaking 'Glocal' initiative, uniting VisitBerlin, New York City Tourism + Conventions, and Cape Town Tourism in a historic collaboration that transcends borders. We are propelling destination marketing and collaboration into uncharted territories.

This collaboration marks a milestone as three competitive DMOs join forces to showcase our individuality while highlighting our common bonds. We're weaving together our history and stories of freedom to send a powerful message globally.”

### **Cape Town businesses forecast a fruitful 2024**

The Cape Town Tourism Membership Survey for 2023, reveals the expectations of Cape Town's tourism businesses, painting a picture of resilience and optimism for 2024.

The survey revealed that almost all businesses anticipate improved 2024 performance compared to last year. For January 2024, 87% of respondents expect a better or much better performance, with similar expectations for February and March at 83% and 82%, respectively.

Alderman James Vos, Mayoral Committee Member for Economic Growth, said, "The remarkable recovery of our tourism sector is a testament to our stakeholders' resilience and hard work and the attractiveness of Cape Town as a global destination. We are grateful for the local and international support and the dedication of our tourism industry and look forward to building on this success to ensure that Cape Town remains a haven for generations of travellers, irrespective of ability or background, offering a tapestry of nature, cultures, and experiences that are beyond compare."

### **Join the journey: Cape Town awaits your arrival in 2024!**

"Looking forward to 2024, we're seeing good signs that the number of tourists coming to Cape Town will keep growing. Our estimates, based on how well we did in 2023 and considering a slow economic growth, suggest a modest increase in visitor numbers by up to 3%.

But if we follow the trends we saw last year, we could see a bigger jump — with up to 8% more international tourists and 11% more South African visitors compared to last year.

This could mean tourists will spend about R11.6bn during our traditional international peak season from January to April," concludes Vos.

Enver Duminy sums it up: "We're expecting 2024 to be another great year with more people flying in and booking places to stay. South Africans are still excited about travelling around the country despite the cost of living going up. We're thankful for everyone who has helped make tourism across Cape Town a success. We'll keep making sure visitors have an amazing time so that Cape Town stays at the top of the list for local and overseas travellers."

Embark on a memorable adventure and be a part of Cape Town's vibrant journey in 2024.



# GROWN-UP SODA FLOATS WITH A MZANSI TWIST

DELVE INTO THE IRRESISTIBLE ALLURE OF BOOZY SODA FLOATS INFUSED WITH A SPLASH OF MZANSI MAGIC!



**A** As the summer vibes take centre stage, a fizzy trend is making waves – enter grown-up soda floats!

Picture this: a rendezvous of childhood nostalgia and adult indulgence in a glass filled with effervescent sweet excitement. Why settle for the ordinary when you can transform your classic soda float into a spirited adventure?

Why boozy soda floats? Because even adulthood deserves a dash of fun: Remember the days when soda floats were all about kid-friendly frolics? Well, times are changing, and so are our palates!

Grown-up soda floats are the cheeky, rebellious cousins of their innocent counterparts. Why should kids have all the fun? It's time to infuse those fizzy concoctions with a splash of adult magic. Whether it's the thrill of spirits, the daring dance of liqueurs, or the collection of unique flavours, grown-up soda floats are here to remind us that adulthood can be just as fun – and a little quirky!

So, this summer, don't just beat the heat – savour it with a quirky Mzansi-flavour twist. Grab your glasses, experiment with these offbeat flavour combinations, and let the grown-up soda float journey commence.

## MZANSI-FLAVOURED BOOZY SODA FLOATS

### 1. BRANDEWYN FLOAT

Elevate the classic brandy and coke with a double hit and top it with a generous scoop of vanilla ice cream for a delightful liquid dessert!

### 2. ROOIBOS FLOAT

Create a rooibos-infused syrup, pair it with a rooibos-infused liquor, top with soda water, and finish it off with honey-infused ice cream for a unique and tantalising treat.

### 3. GUAVA GINGER BEER FIZZ

Experience a symphony of flavours with guava ice cream, vodka for a spirited kick, and the effervescence of fiery ginger beer. This fizzy concoction promises a sweet and spicy escapade!

### 4. PINOTAGE BERRY BLISS

Embark on a wine-infused journey with mixed berry sorbet, a generous splash of Pinotage wine, and a refreshing touch of lemonade.

### 5. LEMON MERINGUE FLOAT

Begin with a tot of Limoncello or any lemon-flavoured liqueur, top it with lemonade, and add a final flourish with a dollop of lemon cream ice cream (or vanilla ice cream). Delight in this zesty creation!

### 6. ZAMALEK SHANDY FLOAT

A delightful blend of Black Label beer and zesty lemonade, topped with a generous scoop of velvety vanilla ice cream.

### 7. KATEMBA FLOAT

Transform the humble Katemba, an inexpensive South African-Portuguese drink consisting of equal parts dry red wine and coke, into a delightful float by adding a scoop of vanilla ice cream, an affordable indulgence with a dessert twist!



ARTICLE BY:  
FOOD24



# YOUR BODY MAY NOT BE ABSORBING YOUR SUPPLEMENTS: EXPERT TIPS TO CHANGE THAT

Do you find yourself navigating the maze of wellness trends and supplements, hoping to unlock a healthier, more vibrant life? As we know, our body's ability to produce all the micronutrients we need is limited. We rely heavily on our diet to ensure we get what we need. But in today's fast-paced, fast-food world, we often need to turn to supplementing with vitamins, minerals and botanicals to ensure we get a properly balanced diet.

The supplement industry is big business, and the aisles at the pharmacy can be very overwhelming. It's easy to believe that once you've chosen a supplement and found the best way to fit it into your daily routine, all will be well (literally). Especially if you've paid big bucks for the bottle. Sadly, this is not a given.

Let's look at a few useful things you probably didn't know about supplement efficacy.

## 1. YOUR BODY'S UNIQUE ABSORPTION ABILITIES

Our bodies are incredible machines, finely tuned to absorb the nutrients we need for optimal functioning. However, not all vitamins are created equal, and our bodies absorb them differently. Fat-soluble vitamins (like A, D, E, and K) are better absorbed when taken with dietary fat, while water-soluble vitamins (such as vitamin C and B vitamins) are best absorbed with water.

Understanding your body's unique absorption abilities allows you to tailor your supplement routine for maximum benefit. Consider taking fat-soluble vitamins with a meal containing healthy fats and water-soluble vitamins with a glass of water to enhance absorption.

## 2. THE ROLE OF LIPOSOMES IN ABSORPTION

Ever heard of liposomes? These microscopic spheres made up of phospholipids can significantly impact the absorption of certain nutrients. Liposomes act as protective bubbles, ferrying micronutrients through the digestive system to enhance absorption in the bloodstream.

For instance, liposomal vitamin C has been shown to have higher bioavailability compared to traditional vitamin C supplements. The liposomal encapsulation protects the vitamin from degradation in the digestive tract, ensuring more of it reaches the bloodstream intact. So, when looking for supplements, keep an eye out for those with liposomal technology for improved efficacy.

## 3. QUALITY OVER QUANTITY

It's not just about the number of milligrams listed on the bottle; the quality of the ingredients matters, too. Some supplements may contain cheap, synthetic forms of vitamins and minerals that your body will likely struggle to absorb effectively.

Look out for high-quality, bioavailable forms of nutrients whenever possible. For example, choose vitamin D3 over D2 and look for magnesium citrate instead of magnesium oxide.

Quality supplements may cost a bit more, but the increased absorption and benefits are well worth the investment in your long-term health.

## 4. TIMING IS EVERYTHING

Exactly when you take your supplements can impact their effectiveness. Some nutrients interact with each other, either enhancing or inhibiting absorption. For instance, calcium and iron compete for absorption, so it's advisable not to take them together.

Dividing your supplements throughout the day can help optimise absorption. Additionally, consider taking certain vitamins at specific times for better results. Vitamin D is often better absorbed in the morning, while magnesium can be more effective when taken in the evening. Paying attention to the timing of your supplements can maximise their impact on your overall well-being.

## 5. INDIVIDUAL VARIATIONS IN ABSORPTION

Just as our bodies differ in size, shape, and metabolic rates, individual variations in nutrient absorption exist too. Factors such as age, genetics, and overall health can influence how well your body absorbs certain vitamins and minerals.

Regular health check-ups and consultations with healthcare professionals can help identify any specific deficiencies or absorption issues you may have. Tailoring your supplement regimen to your individual needs ensures you're getting the right nutrients in the right amounts for your unique physiology. For example, if you are deficient in Vitamin C, it's likely that your body won't properly absorb your Iron supplement. Work with the professionals to ensure your body is in balance.

Understanding the nuances of your body's nutrient absorption can unlock incredible potential in your supplement routine. So, the next time you hit the supplement aisle at Dischem or Clicks, give some thought to these tips and tricks. Feel empowered to make the best choices on your journey to a healthier, more vibrant you.



JOIN IN THE FUN OF THE

# MONTHLY RESIDENT RAFFLE

ENTRY  
**R50**

DRAW  
**26 FEB**

BUY TICKETS AT RECEPTION

LUCKY DRAW TAKES PLACE AT THE  
LAST SOCIAL DINNER OF EACH MONTH