

"What's Happening" BERGVLIET



"A wonderful thing about true laughter is that it just destroys any kind of system of dividing people."

~ John Cleese ~

Dear Residents,

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

Today we end the end the work-week on a high note with a full Bistro for lunch and a fully booked Gordon Rocker show tonight! Your support so far has been amazing! Thank you!

On that note, below is a little recap of what we've done to date:

Today alone, 2/3's of the entire village will visit the clubhouse. In January, the Bistro served over 350 meals, which is almost double what we managed to serve in the past! And we are well on track to surpass that in our first full month of having the Bistro back in operation.

So because of your ongoing support we have been able to work closely with the Fedics team to provide a few "value adds" like coffees being included with all breakfasts, and also a complimentary glass of wine served with every Friday lunch promotion. The drinks selection has been extended to any beverage of your choice, wine, beer or soft drink.

I am also happy to advise that we are able to reduce the Social Dinner Menu price to R165 with a slightly more casual menu, for 2 of the 4 dinners per month. This will continue for as long as we maintain this upward trajectory.

From myself and the team, thank you for your support and we are really excited to see what more we can achieve this year.

I would also like to extend an invitation to you all to attend the Evergreen Family Festival on the 17th of February at Evergreen Noordhoek. Myself and some of the team members will be there and it would be great to see you in the Deep South for some fun-filled activities.

To RSVP for this event please contact reception as you would for regular village events. (More details on Page 4.)

Wishing you all a wonderful weekend,

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 12 FEB		11h30 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
TUE 13 FEB			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 14 FEB	Happy Valentine's Day	11h00 CLUBHOUSE AGELESS GRACE CLASS		
THUR 15 FEB	10h00 CLUBHOUSE TABITA FASION & MIRIAM'S SHOES		14h00 CLUBHOUSE ART CLASSES	
FRI 16 FEB			17h00 CLUBHOUSE SOCIAL DRINKS	19h00 CLUBHOUSE CANASTA
SAT 17 FEB	09h00 CLUBHOUSE LAWN BOULE	EVERGREEN FAMILY FESTIVAL		
SUN 18 FEB		CLUBHOUSE LAWN BOULE		

UPCOMEING SOCIAL EVENTS

FEBRUARY

16th - Canasta Night
20th - Social Dinner
21st - Music Evening
23rd - Resident Walk
23rd - Pub Night
27th - Social Dinner

MARCH

5th - Social Dinner
7th - SWIGS wine club
8th - Quiz Night
11th - Canasta Intervillage (EVG Noordhoek)
12th - Social Dinner
- more exciting events to follow.



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y , 2 0 F E B R U A R Y

Warm rolls with salted butter


Main Course

Panko-crumbed chicken schnitzel
Or
200g Rump, served medium

*Served with steakhouse chips,
creamed spinach, roasted butternut
and mushroom sauce.*

Dessert

*Italian kisses on peppermint mousse
with cookie crumble*
Or
Cheese Board



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R165 per person

EVERGREEN FAMILY FESTIVAL

Join us for the Evergreen Family Festival and bring the whole family along.

It promises to be a day filled with children's entertainment, free ice cream for kids, live music, market stalls, wine-tastings, food trucks and more.

17

FEBRUARY
SATURDAY
FROM 11:00AM

EVERGREEN
NOORDHOEK

CORNER OF GLENCAIRN EXPRESS
WAY AND KOMMETJIE ROAD,
FISH HOEK

To RSVP, please contact your Village Manager

ENTRY IS FREE

11:00	Event starts
12:00 - 13:00	Evergreen Lifestyle Sales Presentation 1 <i>Reception area</i> Kids Entertainment <i>Spaghetti Da Clown to entertain kids on the lawn with magic show, balloon art etc.</i>
14:00 - 15:00	Performance by Marvelous Wonderettes <i>Main stage</i>
15:00 - 16:00	Evergreen Lifestyle Sales Presentation 2 <i>Reception area</i> Kids Entertainment <i>Spaghetti Da Clown to entertain kids on the lawn with magic show, balloon art etc.</i>
16:00 - 18:00	Main Event: Tribute to the Beatles by Mike and the Harmonics <i>Main stage</i>
18:00	Event concludes

Music Evening

21 FEBRUARY | 19H00

PROGRAMME CHORAL MUSIC

DANSE DIABOLIQUE
Joseph Helmesberger

TRUMPET CONCERTO in E flat
Hummel

PICTURES AT AN EXHIBITION
Moussorgsky

FINLANDIA
Sibelius

THE LARK ASCENDING
Vaughn Williams

RSVP AT RECEPTION OR ON EXT. 3200



RESIDENT WALK

08H30 | FRIDAY, 23 FEBRUARY

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**

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

HAPPY Birthday

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

12 FEBRUARY

MIKE & JENNI UYS - H8

THE 2023 WILDLIFE PHOTOGRAPHER OF THE YEAR REVEALS THE MOST MAGNIFICENT ANIMAL BEHAVIOUR



From the cliffs of the Zin Desert to the shallow waters of South Africa's Kosi Bay, the 2023 Wildlife Photographer

of the Year contest traverses the globe documenting the most striking moments of life on Earth. Laurent Ballesta, whose luminous underwater images we've featured previously, won the competition for the second time. Titled "The golden horseshoe," the photo peers in on a tri-spine horseshoe crab crawling over the mud with a trio of small golden trevallies trailing behind with the hope that the crab will rustle up some food as it moves.

In its 59th year, the contest garnered nearly 50,000 entries from 95 countries. The winning photos— which include an electrifying shot of fireflies from Sriram Murali and Fernando Constantino Martínez Belmar's devastating documentation of deforestation in Mexico — are on view through June 30 at the Natural History Museum in London.



Amit Eshel, "Life on the edge," Israel. All images © the artists, courtesy of the Natural History Museum, shared with permission



Agorastos Papatsanis, "Last breath of autumn," Greece

ARTICLE BY:
THISISCOLOSSAL.COM

Laurent Ballesta, "The ancient mariner," France



Sriram Murali, "Lights fantastic," India



Rachel Bigsby, "The art of courtship," U.K.

Fernando Constantino Martínez Belmar, "The tourism bulldozer," Mexico



Hadrien Lalagüe, "Silence for the snake show," France

Mike Korostelev, "Hippo nursery," Russia



Bertie Gregory, "Whales making waves," U.K.

TYLA HONoured TO WIN GRAMMY: 'AFRICA TO THE WORLD RRRRRRRR'



South African-born Grammy award winner, Tyla clinched victory at the 66th Grammy Awards held on Sunday, February 4.

Tyla beat African music giants, Burna Boy, Davido and Ayra Starr among others, in the newly formed category, Best African Music Performance for her viral hit, "Water".

She is also the youngest music artist in SA to win the silverware.

The award-winning musician, whose real name is Tyla Laura Seethal, took to Instagram to share how honoured she is to receive the award. She thanked her team and fans, known as the "Tygers". "I am so honoured to be the first winner of a Grammy under this newly introduced category... we made history!" she wrote.

She added: "I want say some more thank you's to all my Tygers, my choreographer @litchi_hov, My creative director @thegmni, The Fantastic 4 @sammy_soso @bhxbelieve @mochabands @aripensmith, And my label @epicrecords."

The songstress also congratulated all the other Grammy winners and nominees.

ARTICLE BY:
IOL.CO.ZA

She ended her post with: "Africa to the world RRRrrrrr 🐘 ."

The pop-piano star was catapulted to fame last year, after her dance for her song, "Water" went viral on TikTok.

Speaking backstage at the Grammy Awards, the 22-year old revealed that she will be dropping her debut album in March.

"I've never dropped a project before. I've been working on it for over two years now so I am super proud of it. I've been perfecting my sound, being African, Afrobeats with amapiano, but with pop and R&B.

"My album is literally an introduction of myself and my sound. There's a lot of bangers on there just like 'Water' and even better ones. I'm looking forward to this year."

The internationally renowned musician added that with the rise of Afrobeats, she hopes it opens doors for other artists in South Africa.

"Afrobeats has already started booming all over the world, which I'm so happy about it, it's about time. I feel like this is going to open so many more doors for us back home, and introduce our music and culture to people, which we've been wanting.

"I thank the Recording Academy for giving us that platform."

The global superstar added that all the success that's come to her, has been a shock.

"I've always dreamt of this. I've had a feeling. I feel like God called me to do this, so that peace is in me, but the fact that all of this is happening, Grammy nomination, Billboard Hot 100, like it just keeps piling on and I don't even know what to do with my life anymore. I'm just excited really."

The Grammy win is just the start for Tyla's career. The "Truth or Dare" hitmaker will be touring the UK, Europe and North America from March, after her album drops.

KITCHEN HACKS:

TIPS TO TRANSFORM YOUR COOKING



A Armed with these clever kitchen hacks, you're ready to tackle any culinary challenge that comes your way.

Recently, we reached out to our Instagram audience to uncover some of their favourite cooking hacks, and the responses were nothing short of ingenious! From taming olive oil glugging to giving stale bread a second chance, here's a compilation of easy cooking tips to elevate your kitchen experience.

1. Invest in a spray bottle for olive oil

Say goodbye to unintentional olive oil glugs with this game-changing hack. Invest in a spray bottle to easily dispense just the right amount of olive oil. Not only is it practical, but it's also budget-friendly, helping you save on your daily olive oil consumption. Now, you can coat your pans and salads with precision, avoiding accidental oil spills.

2. Cornflour slurry to clean used oil

Frying up a storm in the kitchen? Don't fret about cleaning used oil anymore! Before turning off the heat, create a cornflour slurry by mixing cornflour and oil and frying it in the hot oil. The cornflour will act like a culinary superhero, absorbing impurities left behind in the oil. This simple trick ensures your cooking oil remains fresh and ready for your next culinary adventure.

3. Hard-boiled egg hack

Perfect hard-boiled eggs are just a simple trick away! Gently place your eggs in a saucepan, cover with water, and bring to a boil. Once the water starts bubbling, turn off the heat and let the eggs sit on the hot stove plate for 10 minutes. After a quick plunge into iced water, peeling those eggs becomes a breeze. Enjoy your hassle-free hard-boiled eggs!



4. Revive stale crusty bread

Don't toss that stale loaf just yet! Give it a second life by running it under water and baking it in a warm oven for about 10 minutes. The oven works its magic, steaming the stale bread and transforming it into a crispy delight. Say hello to fresh, crisp bread without any waste.

5. Browned butter to the baker's rescue

Upgrade your baking game by swapping regular butter for browned butter. The rich, nutty flavour of browned butter adds a new dimension to your baked goods, turning the ordinary into the extraordinary. Elevate your cookies, cakes, and pastries with this simple yet impactful substitution!



6. Microwave mielies

Short on time but craving mielies? Wrap them in cling wrap and pop them in the microwave for just three minutes. This quick and efficient method ensures each mielie cooks to perfection individually. Enjoy a hassle-free way to satisfy your mielie cravings in no time.

7. Sauce saver hack

Planning to whip up a batch of your favourite sauce? Opt for the savvy approach and bulk it out. Freeze individual portions for later use, making your future cooking endeavours a breeze. No more last-minute sauce stress; simply thaw and enjoy!

TRUST YOUR GUT FOR GOOD HEART AND BRAIN HEALTH THIS VALENTINE'S MONTH



At the Heart and Stroke Foundation South Africa (HSFSA), the month of February is a celebration of good heart and brain health.

The month is used to increase awareness and raise funds to help sustain the work streams for health promotion, disease prevention, health advocacy, health education and community-based outreach.

Consequently, love is not only associated with the heart but also the brain. There has been an increase in scientific evidence over the years, which also illustrates the relationship between good gut health and good brain health. The foundation has consistently conveyed a health message related to good nutrition and cardiovascular disease.

More on the gut-brain connection: The gut microbiota is in constant interaction with the human host; it represents an ecosystem vulnerable to influences from the environment. Over the years, the brain-gut axis concept has evolved and illustrated connections to both the nervous system pathways as well as hormonal pathways and internal brain connections that exist between cognitive and emotional functions. The central nervous system and the gut are physiologically unable to be dissociated.

The neural structures present at and linking both sites are similar. The significance of the brain-gut axis is best seen as 'a team'. Both systems are physiologically coordinated to ensure a healthy status. It is due to these connections that stressful life events can influence gut-brain signalling and cause alterations in meal tolerance, intestinal dysfunction, cognitive and task performance.

This gut-brain connection helps explain the effectiveness of irritable bowel syndrome and bowel disorder treatments such as antidepressants, as well as mind-body therapies like cognitive behavioural therapy (CBT) and medical hypnotherapy. Specialists have gone as far as to state that 'Our two brains "talk" to each other, so therapies that help one may help the other.'

At the global and South African levels, statistics highlight the burden of CVD. Cardiovascular and cerebrovascular conditions (CVD), are the leading causes of death and disability within the non-communicable disease cluster in South Africa. CVD is responsible for almost one (1) in six (6) deaths, claiming more lives than all cancers combined. Every day, 225 South Africans die from heart disease and strokes.

The foundation plays a pivotal role in educating South Africans from all walks of life, including our family, friends and colleagues, about adopting healthier behaviours. To meet its mission, the foundation has several outreach programmes, which include: The Mended Hearts and Stroke Groups, School Health Promotion Initiative (SHPI), Fast Heroes for Stroke Prevention, and Health Risk Assessments (HRAs).

To help with easier food choices, the Heart Mark Endorsement Programme is a very important part of the foundation's nutrition pillar.

Each programme is tailored to the target group. Prevention is always better than cure and we could just as easily lose our workforce due to heart disease or strokes as to any other disease.

Workplace wellness programmes aim to prevent chronic diseases and improve the productivity of employees. Such programmes allow the employees to view the access to and provision of wellness programmes as a sign of commitment to health and well-being from the employer's perspective.

The foundation extends the health promotion programmes to the private sector at a cost.

Highlighting the Heart Mark endorsement programme, a flagship of the Foundation, which forms part of a health-enabling environment, offers consumers a tool that makes choosing healthier foods easier. The Heart Mark logo helps consumers identify healthier food options and, at the same time, advocates against food manufacturers that flood the market with unhealthy products that contribute substantially to the rise in non-communicable diseases (NCDs) such as diabetes, high blood pressure, high cholesterol, overweight and obesity.

The foundation encourages everyone to show genuine love to their nearest and dearest friends and colleagues by empowering them and giving them the tools to be present and healthy, urging individuals and companies to work alongside the foundation and help amplify the impact of the HSFSA programmes.

As a non-profit health organisation, the HSFSA relies on donor funding to meet its sustainability needs, continue the work for many more decades to come and reach new frontiers through its invaluable work and data collection.

**ARTICLE BY:
CAPE{TOWN}ETC**