

“What's Happening”

BERGVLIET



“Count your age by friends, not years. Count your life by smiles, not tears.”

’John Lennon’

Dear Residents,

I hope you are all well and have had a good week. The cooler weather and rain showers were a wonderful relief and I hope you enjoyed them as much as I did.

Evergreen’s first big event of the year has arrived. Starting at 11h00 today, Evergreen Noordhoek will host the Evergreen Family Festival, an amazing event arranged for all residents and their friends and families to enjoy. Entrance is free and we’re looking forward to seeing you all there!

Back home we will see the last big events of the month take place next week.

We begin with the weekly social dinner on Tuesday, followed by this month’s Music Evening. This event has grown so much that we will be moving it out of the library and into

main dining area to accommodate more residents. Please remember to book your seats at reception.

On Friday we have a double event day starting with the monthly resident walk (read more in this week’s first article about the health benefits of walking) before ending the week on a high note with the first Pub Night of the year, and the first in the refurbished clubhouse. This will be the first real test run of the new bar facility and I’m sure you are as excited as I am to get things going.

Wishing you all a wonderful weekend,

Regards,
Riaan and the Evergreen Team

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Making African motorsport history with the inaugural Cape Town Race

WEEKLY ACTIVITIES

| | | | | |
|-----------------------|--|--|-----------------------------------|--|
| MON 19 FEB | | 11h30 CLUBHOUSE AGELESS GRACE CLASS | 14h30 CLUBHOUSE CANASTA | |
| TUE 20 FEB | | | 14h00 CLUBHOUSE SCRABBLE | 18h00 CLUBHOUSE SOCIAL DINNER |
| WED 21 FEB | | 11h00 CLUBHOUSE AGELESS GRACE CLASS | | 19h00 CLUBHOUSE MUSIC EVENING |
| THUR 22 FEB | | | 14h00 CLUBHOUSE ART CLASSES | |
| FRI 23 FEB | 08h30 CLUBHOUSE RESIDENT WALK | | | 19h00 CLUBHOUSE PUB NIGHT |
| SAT 24 FEB | 09h00 CLUBHOUSE LAWN BOULE | EVERGREEN FAMILY FESTIVAL | | |
| SUN 25 FEB | | CLUBHOUSE LAWN BOULE | | |

UPCOMEING SOCIAL EVENTS

FEBRUARY

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 7 F E B R U A R Y

Warm rolls with salted butter

Main Course

*Fish Puttanesca
in a hearty Italian tomato and basil sauce*

Or

*Pork Chops
in creamy garlic and mushroom sauce*

*both served on parsley rice with
tossed green vegetables*

Dessert

Traditional Crème Brûlée

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

*Conductor: Jonathan Costa | Orchester: Banda de Musica de
Pinheiro da Bemposta*

TRUMPET CONCERTO in E flat

Hummel

*Trumpet: Tina Horvat | Conductor: Tomislav Facini | Zagreb
Philharmonic Orchestra 2014*

PICTURES AT AN EXHIBITION

Moussorgsky

Conductor: Kurt Masur | Leipzig Gewandhaus Orchestra 2017

FINLANDIA

Sibelius

*Conductor: Marcin Mirowski & Zebrowski Music School
Orchestra & Choir Poland 2023*

THE LARK ASCENDING

Vaughn Williams

*Violinist: Liza Fertschtman | Conductor: Kochanovsky | Radio Philharmonic
Orchestra | Concertgebouw Amsterdam 2023*

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*

19 FEBRUARY

MICHAEL BURCHELL - H40

EARL HARGREAVES - A6

20 FEBRUARY


BRIAN MARQUIS - H66

22 FEBRUARY

VERONICA LAMSON - H57

SUE DALRYMPLE - A101





BENEFITS OF WALKING, ACCORDING TO EXPERTS

Getting your daily steps in can do so much more than help you maintain weight loss.

One of the most powerful ways to maintain a healthy weight, keep your joints strong, and live longer is also one of the simplest, no matter your age. The health benefits of walking are endless, and experts agree by adding walking to your daily routine, you can greatly improve your physical and mental health.

“Walking has always been my main source of cardio, and except for when I was pregnant, I’ve been the same weight my entire life!” says fitness expert Denise Austin.

The key is to strut for, ideally, at least 30 minutes a day, says Melina B. Jampolis, M.D., author of *The Doctor on Demand Diet*. And whether you decide to lace up your walking shoes and walk to work, pair up with a friend, or join a hiking club, research shows that walking can do everything from lower your blood pressure and reduce your risk of chronic diseases to making your brain sharper and your heart happier.

Walking is simple enough that all fitness levels can get those daily steps in. “It has tremendous benefits, from supporting a healthy immune system to boosting your metabolism to strengthening your joints, muscles, and bones—not to mention it’s amazing for stress relief and enjoying a little ‘me time,’” says Austin.

Ahead, discover the vast benefits of walking, and what you can expect when you start strolling for just a half-hour most days of the week.

BENEFITS OF WALKING

1. Improve your mood

A glass of wine or a square (or three) of dark chocolate can blunt the edge of a rough day—but going for a walk is a zero-calorie strategy that offers the same perk, says Dr. Jampolis. In fact, research shows that just 10 minutes of walking can lift your spirits. Other recent research found walking during the COVID-19 pandemic could significantly improve mood. Plus, The effect may be amplified even more if you take a stroll through some greenery.

“Research shows that regular walking actually modifies your nervous system so much that you’ll experience a decrease in anger and hostility,” Dr. Jampolis says, especially when you’re going for a stroll through some greenery or soaking in a bit of sunlight. This can be particularly helpful during the colder months, when seasonal depression spikes.

Finally, when you make your walks social—you stride with, say, your partner, a neighbor, or a good friend—that interaction helps you feel connected, Dr. Jampolis says, which can make you feel happier.

2. Burn calories and maintain a healthy weight

“As you continue to walk, you may notice your pants begin to fit more loosely around your midsection, even if the number on the scale isn’t moving much,” says Dr. Jampolis. That’s because regular walking can help reduce fat and, as a result, improve your body’s response to insulin, according to research.

L itching to up your calorie burn? When walking outside, plan a route that includes hills, alternate between speed walking and a slower pace, and challenge yourself to walk the same routes on different days to see if you can beat your previous times, says Austin. For an extra boost of motivation, she also recommends aiming to hit 10,000 steps a day.

“Daily walking increases metabolism by burning extra calories and by preventing muscle loss, which is particularly important as we get older,” says Ariel Iasevoli, a personal trainer in New York City.

ARTICLE BY:
PREVENTION.COM

The best part? You don't have to tire yourself out on a treadmill at the gym to see these benefits. "One of my clients reduced her body fat by 2% in just one month by walking home from work each day, which was just under a mile," she says.

Intervals are key here, says Michele Stanten, a walking coach and author of *Prevention's Walk Your Way to Better Health*. Increasing your speed for small bouts of time during, say, a 30-minute walk allows you to burn more calories than if you strolled at a moderate pace for half an hour. This approach also benefits your cardiorespiratory system. To try adding intervals, warm up for three minutes. Then spend 25 minutes alternating between one minute of walking almost as fast as you can go and one minute of brisk walking (aiming for a six on an intensity scale of one to 10). Cool down for two minutes.

3. Improve heart health

One of the major ways that walking can improve your heart health is by lowering your blood pressure. Some research shows that for every 1,000 daily steps you take, you could lower your systolic blood pressure by .45 points. That means if you clock in 10,000 daily steps, your systolic blood pressure is likely to be 2.25 points lower than someone else who walks only 5,000 daily steps.

One of the most cited studies on walking and health, published in *The New England Journal of Medicine*, found that those who walked enough to meet physical activity guidelines had a 30% lower risk of cardiovascular events (like a heart attack or stroke) compared with those who did not walk regularly.

Another study found that especially for older adults, every 500 additional steps taken daily was associated with 14% lower risk of heart disease, stroke or heart failure.

4. Reduce your risk of chronic diseases

A 2022 study published in *Nature Medicine* has shown that walking can reduce your risk for a variety of chronic diseases. One study showed that walking 8,200 steps effectively reduced the risk of chronic conditions, including: obesity, sleep apnea, gastroesophageal reflux disease (GERD), major depressive disorder (MDD), diabetes, and hypertension. The same study also found that walking even more steps continues to increase walking's benefits for nearly every health condition studied.

The American Diabetes Association officially recommends walking to lower blood sugar levels and lower your overall risk for type 2 diabetes. One 2022 study published in *Sports Medicine* showed specifically that just two minutes of walking after eating can help lower blood sugar. Even the shortest of walks can make a difference. Still, for disease prevention, longer walks are key. Stanten recommends doing one hour-long walk at least once or twice a week.

5. Reduce your stress

If you're feeling frazzled or overwhelmed, walking can help lower your stress. Walking reduces the stress hormone cortisol, which helps you feel less stressed and more relaxed, says Joyce Shulman, co-founder and CEO of 99 Walks & Jeti Fitness and author of *Walk Your Way to Better*.

A 2018 study published in *Health Promotion Perspectives* showed that just 10 minutes of walking lowers anxiety and depression and increases focus and creativity.

Plus, research shows that taking your stroll outside can make a huge difference, too. A 2022 study published in *Molecular Psychiatry* found that a 60-minute walk in nature decreases activity in brain regions involved in stress processing. In contrast, brain activity in those regions remained stable after a 60-minute walk in an urban environment. So, go touch some grass!

Bernie Gregory, "Whales making w

6. Improve your sleep

If you work out regularly, you'll sleep better at night. That's because physical activity naturally boosts the effects of melatonin, the sleep hormone. A 2019 study from *Sleep* found that postmenopausal women who do light to moderate-intensity physical activity snooze better at night than those who are sedentary. Another recent study found healthy adults who walked daily had a significant positive impact on sleep quality and length of sleep. Walking also helps reduce pain and stress, which can cause sleep disturbances.

7. Boost your brainpower

The research here is quickly growing. In one study, brain scans of people who walked briskly for one hour three times a week showed the decision-making areas of their brains worked more efficiently than people who attended education seminars instead. Other research shows physical exercise, like walking, can improve brain function in older women. Experts think these benefits could be due in part to increased blood flow to the brain that occurs with exercise. So when you get your feet moving, your brain starts working better too!

8. Alleviate joint pain

Contrary to what you might think, pounding pavement can help improve your range of motion and mobility because walking increases blood flow to tense areas and helps strengthen the muscles surrounding your joints.

In fact, research shows that walking for at least 10 minutes a day—or about an hour every week—can stave off disability and arthritis pain in older adults. A 2019 study in the *American Journal of Preventive Medicine* followed 1,564 adults older than 49 with lower-body joint pain. Participants who walked for an hour each week were more likely to remain disability-free four years later. An additional report found that walking was a safe, inexpensive, and convenient physical activity for those with arthritis of all fitness levels.

8 GOOD LUCK PLANTS FOR POSITIVITY IN YOUR HOME



Good luck charms come in different shapes and sizes – even in plants too! If you're looking to bring some positivity energy into your space, adding a touch of greenery will do just the trick and we've got a list of 8 good luck plants to bring positivity into your home while still adorning your space with luscious greenery.

Houseplants are more than just trendy home decor. They're living things that need sun, water, and lots of care to grow into the gorgeous, dreamy greenery we know and love. And while there's no science to back up the claim that plants can bring good fortune, many cultures consider plants to be a symbol of life, balance, and positivity.

Get one of these 8 good luck plants to bring positivity into your home:

Lucky Bamboo

Lucky bamboo, a member of the *Dracaena* family, stands as a symbol of good luck in Feng-Shui. The number of stalks determines the type of fortune it brings—two stalks represent love, three for wealth and longevity, and so forth. Thriving in moist soil, these resilient plants are a delightful addition to your space, requiring filtered water and adequate light.

Money Tree

A tropical wetland tree known as the Money Tree is more than just a decorative element; it's believed to bring prosperity. An ideal gift for new homeowners or those embarking on a new career, the Money Tree is also pet-friendly. To ensure its well-being, provide medium to bright indirect sunlight and water only when the soil is mostly dry, with proper drainage.

Jade Plant

Jade plants, with their coin-shaped leaves, are synonymous with friendship, money, and good fortune. These succulents are not only aesthetically pleasing but also low-maintenance. Thriving in sunlight, they require infrequent watering and can be grown indoors or outdoors in rock soil or sand.

Eucalyptus

For a stroke of good luck accompanied by a refreshing fragrance, consider the Eucalyptus plant. Known for its association with cleanliness, these plants are also believed to relieve cold symptoms and joint pain. Provide at least eight hours of sunlight and regular watering to ensure a flourishing Eucalyptus plant in your space.

Lucky Shamrock Plant

Although popular during St. Patrick's Day, the Lucky Shamrock

Plant can bring luck all year round. Dormant in the summer, it sprouts anew in autumn. Keep the soil moist during growth months, watering once or twice a month, and consider planting bulbs in early spring or autumn.

Potted Orchids

Potted orchids are known to bring prosperity to the entire family, making them a radiant addition to any living or working space. With bright, indirect sunlight and careful watering, these vibrant plants can thrive year-round. Avoid overwatering and ensure timely repotting to maintain their prosperity-enhancing qualities.

Boston Fern

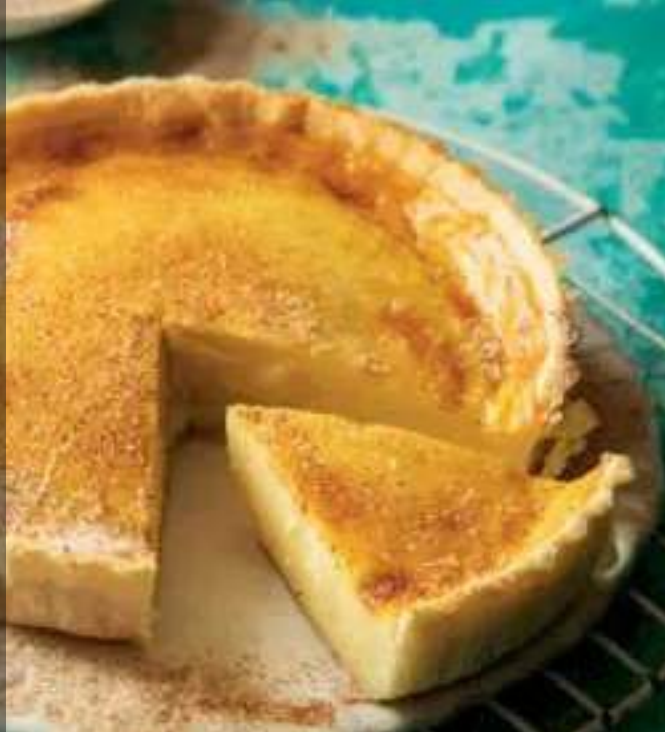
While less commonly associated with luck, Boston ferns contribute to a welcoming atmosphere and are believed to cleanse the air, dispelling negative energy. Keep the soil damp, provide indirect sunlight, and add extra humidity during winter by lightly misting the soil and leaves once or twice a week.

Snake Plant

Renowned for its air-purifying properties, the snake plant not only detoxifies the air but also promotes positive energy and prosperity. Thriving in bright, indirect sunlight and warmer temperatures, these plants prefer drier soil before watering to prevent root rot.

ARTICLE BY:
GARDEN & HOME

4 MILK TART TIPS FROM THE PRO'S



Fighting for first place with malva pudding as king of South African desserts, is the ever so comforting and creamy milk tart. There's an unfussiness and delicious practicality to milk tart, and like anything good, it's always better when it's home-made, although there are some really good supermarket versions to be enjoyed (no prizes for guessing which one gets our vote!).

Milk tart can be polarising, with its die-hard fans enjoying the warm spiciness and creamy texture, and its haters completely put off by its sometimes-eggy flavour. Milk tart has its origins in the Cape as far back as the 17th century, when the Dutch introduced the custardy dessert topped with cinnamon. Cape Malay influence added cardamom, naartjie peel and apricot kernels, which brought it to iconic status.

The result is a rich, creamy custard filling with a dusting of earthy, spicy, sweet cinnamon. Today you'll find many versions of this chilled dessert in the form of doughnuts, cakes, trifles and even a must-try malva-milk tart hybrid like this one by TASTETube host Keletso Motau.

1. CONSIDER YOUR PASTRY

The first thing to consider is your pastry: whether going with puff or shortcrust – a general rule of thumb for pastry is not to handle it too much; work fast and keep your hands cool. Confectioner and owner of Mondvol Soet Elmarié Rosochacki says: “If you're using shortcrust, pre-shape your tart shell and freeze it so you can bake when needed. Shortcrust blind bakes really well from the freezer. The base and sides should be the same thickness so it bakes evenly – about 2 mm. You want to achieve that really nice ‘short’ texture.” Elmarié recommends baking blind with beans for about 20 minutes and then another 5 with no beans just until the middle has slight colour.



2. ALWAYS COOK YOUR CUSTARD BEFORE ADDING TO YOUR TART SHELL

Rebecca Timkoe of Ginger Pops confectionery in Gqeberha offers the following advice: “The best milk tart is the one where the custard is cooked before adding to the pastry, otherwise I find it tends to be more eggy in flavour. The important things I think, are full-cream milk, good-quality vanilla paste or extract, a buttery crust and good-quality cinnamon.” She is not opposed to a bit of cardamom in the custard, or a small amount sprinkled on top.

3. INFUSE YOUR FILLING AND LEAVE IT OVERNIGHT

Abigail Donnelly has several versions of this delicious treat on the TASTE website and recommends adding some naartjie zest to the custard for a fragrant, sweet touch.

South African-born Calvin von Niebel, former head chef at Ottolenghi, developed a delicious milk tart recipe for the eponymous deli. He has his own take on what he feels makes a winning tart – his special recipe requires the milk to be heated with spices and refrigerated overnight – he says the tart benefits greatly from the infusion. Instead of pastry, his base is an equally classic crust of Tennis biscuits, which he replaces in his recipe with digestive biscuits and desiccated coconut.

4. GET CREATIVE

Estelle Mitchell, confectioner and founder of Mitchell Food Group Treats (formerly Estelle's Sweet Treats), is an avid fan of the dessert, and is partial to adding fresh fruit to her milk tarts. “Adding raspberries, blackberries or strawberries as a topping elevates the tarts visually and in tasting experience.”

“To ensure the base-to-filling ratio is perfect, or that the filling could be eaten as a standalone dessert, we have tested our baking techniques for decades and have perfected our buttery shortbread crust and our silky smooth filling. As an extra measure, I pass the custard through a strainer to ensure there are no lumps, it provides that extra silky smoothness, and instead of vanilla essence, I add almond essence. Add cornflour to your preferred thickness to ensure a good consistency.”



ARTICLE BY:
FOOD24

LEMONS SERIES MAKES AFRICAN MOTORSPORT HISTORY WITH INAUGURAL CAPE TOWN RACE

ILAMUNA ENDURANCE SERIES

The Lemons Series makes history with its first-ever event in Cape Town, the Mischief Garage 9hr race, set for 6 July 2024. This festival of speed and innovation symbolizes the series' commitment to diversity and accessibility in motorsport.

In a groundbreaking move for African motorsport, the Lemons Series is set to host its first-ever event in Cape Town, marking a significant milestone with the Mischief Garage 9hr race. Scheduled for July 2024, this event is not just a race; it's a festival of speed, innovation, and community. As the continent's premier racing incubator, Lemons has already introduced over 220 new drivers to the adrenaline-fueled world of motorsport in the past three years, proving its commitment to diversity and accessibility in the racing domain.

THE RISE OF LEMONS: A NEW DAWN IN MOTORSPORT

With a remarkable entry list of 76 for its 24-hour race in Johannesburg, Lemons has firmly established itself as a dominant force in African motorsport. The upcoming 9-hour race in Cape Town, sponsored by the renowned Mischief Garage, is not just another racing event; it's a testament to Lemons' successful formula of combining thrilling racing action with entertainment and innovation. This innovative approach has not only attracted seasoned racers but has also opened the doors for aspiring talents, making motorsport more accessible to a broader audience.



A WEEKEND OF ENDURANCE AND EXCITEMENT

The Mischief Garage 9hr race promises to be a weekend full of excitement and entertainment. Beyond the sheer thrill of racing, the event is poised to showcase a variety of innovative racing machines, courtesy of partnerships with industry giants such as Dunlop Tyres, Eezi parts, Bumblebee, and GSV (Global Specialized Vehicles). This collaboration underscores the event's commitment to not just showcasing the best in racing talent but also highlighting the latest advancements in racing technology and design.

MORE THAN JUST A RACE

The Lemons series has always been more than just about the racing; it's about building a community. By making motorsport accessible and affordable, Lemons has democratized the thrill of racing, allowing more people to experience the joy and excitement of the sport. The upcoming 9-hour race in Cape Town is a celebration of this spirit, a rallying point for fans, families, and racers alike to come together and share their passion for motorsport. With its unique blend of accessibility, affordability, and excitement, the Lemons series is setting a new standard for motorsport events not just in Africa, but globally.

In conclusion, the inaugural Mischief Garage 9hr race in Cape Town is not just a milestone for the Lemons series but a landmark event for African motorsport. With its commitment to inclusivity, diversity, and innovation, the series is poised to write a new chapter in the history of racing, inviting new talents and enthusiasts to join in the celebration of speed, endurance, and community. As the countdown to July 2024 begins, the racing world watches with bated breath, ready to witness history in the making at Cape Town's historic race.

WANT TO ENTER?

ILamuna Endurance Series

We are very excited to announce that we are coming to Cape Town as part of the Lemon's Endurance Series. The Mischief Garage 9hr Race brings you the opportunity you've been dreaming of!

Race your lemon around 3,3 km's of exhilarating corners and straights with your mates, in a R55k lemon...for 9 hours on road tyres. Killarney Raceway CPT awaits you eagerly!

No prior race experience needed - just a great attitude and team 'gees'. We're passionate about safe, affordable, fun racing for all.

Proudly supported by Mischief Garage, Dunlop Tyres, Eezi Parts, Global Specialised Vehicles and Bumblebee.

ENTRIES NOW OPEN

For more info please contact:

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082 969 9129

joy@doepicshitadventures.com



ARTICLE BY:
BNN BREAKING.COM