

# *"What's Happening"* BERGVLIET



*"Once you stop looking for what you want, you find what you need."*

*Horace Cope*

Dear Residents,

I hope you're all well and have had a good week.

We are halfway through March, Easter is around the corner and I am sure you're all starting to notice the cooler mornings.

With Winter approaching, this does not mean the social activities in the Village will be slowing down. We still have space for the remaining events taking place this month and I would like to encourage you all to keep supporting them as you have been since we re-opened the clubhouse in January.

Please also be reminded that the Whiskey Tasting on the 27th, and the lunch buffet served on Easter Sunday, are events which friends and family are also invited to.

Then to quickly touch on the catering services in the Village. Although there will be changes occurring in the next few months, as per the notice circulated yesterday, we still have the full commitment of the catering team to ensure we continue building on the progress we have made. For us it will be business as usual and we will continue to work hard to improve all aspects of the service, as we have been doing.

Thank you for your continued support and for all the feedback we received. We could not have asked for a better response to the changes already implemented.

Wishing you all a wonderful week ahead,

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

### THE ORANGE RIVER WINE ROUTE

Follow the Grape Trail along the Mother River

### DECLUTTER!

7 Low-Stress Ways to Start Decluttering Your Home

### WHAT'S COOKING?

Drunken Irish Stew

### ALL ABOARD!

Embark on a nostalgic journey to Simon's Town aboard the Explorer's Train

# WEEKLY ACTIVITIES

<b>MON</b> 18 MAR		11h00 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA INTER-VILLAGE	
<b>TUE</b> 19 MAR			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 20 MAR		11h00 CLUBHOUSE AGELESS GRACE CLASS	12h00 BISTRO MID-WEEK LUNCH	
<b>THUR</b> 21 MAR	 CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 22 MAR	08h30 BISTRO RESIDENT WALK		12h00 BISTRO FRIDAY LUNCH	19h00 BISTRO THREE TENORS
<b>SAT</b> 23 MAR	09h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 24 MAR		CLUBHOUSE LAWN BOULE		

## UPCOMING SOCIAL EVENTS

### MARCH

19th – Social Dinner  
22nd – Three Tenors  
22nd – Resident Walk

26th – Social Dinner  
27th – Whiskey Tasting  
31st – Easter Sunday Buffet Lunch



# Sonnenhof

B I S T R O

S O C I A L   D I N N E R  
T U E S D A Y ,   2 6   M A R C H

*Warm rolls with salted butter*

## *Main Course*

*Pork Medallions  
with a balsamic, rosemary & honey glaze*

*Or*

*Traditional French Coq Au Vin  
served with garlic & leek mashed potatoes  
& pan-fried greens*

## *Dessert*

*Baked Cinnamon Apple Phyllo Tart  
with vanilla ice cream*

*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

# Music Evening

20 MARCH | 19H00

## PROGRAMME

An evening of beautiful choral music  
appropriate for the Easter Season

### BACH ST MATTHEW PASSION

VAN VELDHoven NETHERLANDS BACH SOCIETY.

~

### MOZART MISSA SOLEMNIS

ORCHESTRA DA CAMERA DI MONTAVA

~

### MASCAGNI EASTER HYMN FROM CAVALLERIA RUSTICANA

LIBERTAS CHOIR STELLENBOSCH

~

### ELGAR LUX AETERNAM (NIMROD)

VOCES 8

~

### ALLEGRI MISERERE

KING'S COLLEGE

~

### JENKINS HEALING LIGHT A CELTIC PRAYER. THE PEACE MAKERS

ST PETERSBURG STATE SYMPHONY ORCHESTRA, STATE UNIVERSITY CHOIR,  
TV AND RADIO CHILDREN CHOIR

~

### RAMIREZ GLORIA FROM MISSA CRIOLLA

JOEL PRIETO & TEPEU (TENOR & SOUTH AMERICAN GROUP)

~

### SALVE REGINA

STELLENBOSCH UNIVERSITY CHOIR

RSVP AT RECEPTION OR ON EXT. 3200

# THE THREE TENORS



Presented by  
**The Mzanzi Tenors**

**Date: Friday, 22 March | Time: 19h00 | Tickets: R80pp**

**Bar: Complimentary welcome drink & “BYOB” thereafter.**

Bookings at Reception or on Ext. 3200



# **RESIDENT WALK**

**08H30 | FRIDAY, 22 MARCH**

## **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 us for the inaugural launch of the

# Fine Spirits Club

Bergvliet

COME AND JOIN US FOR AN  
UNFORGETTABLE WHISKEY  
TASTING EXPERIENCE THAT  
WILL ELEVATE YOUR  
KNOWLEDGE AND APPRECIATION  
OF WHISKEY, AND LEAVE YOU  
WITH A NEWFOUND PASSION  
FOR THIS TIMELESS SPIRIT

SLANGE VAR!

27 MARCH 2024 AT 18H00 | TICKETS: R150PP  
TASTING INCLUDES 6 INTERNATIONAL WHISKEYS  
BOOK AT RECEPTION OR ON EXT 3200



# Easter

*Buffet Menu R265pp*

## *Starter*

Pickled Fish, Salad Bar, Hot Cross Buns

## *Main Course*

Roasted Pork Shoulder  
*with crackling and apple sauce*

Rosemary and Garlic Roasted Beef  
*with herb jus, sweet roasted onions and Yorkshire pudding*

Lemon & Herb Chicken  
*with roasted potatoes and seasonal vegetables*

## *Dessert*

A Selection of Mini Desserts  
Sticky Toffee Pudding with Custard

Bookings close on Tuesday 26 March | Book at Reception  
or on ext. 3200 | Buffet open from 12h30

# HAPPY *Birthday*

18 MARCH

MARY ANN DOYLE - H24

23 MARCH

COLIN OSBORNE - H59

30 MARCH

INEZ GRETTON - H3

# HAPPY *Anniversary*

30 MARCH

COLIN & PETA NOBLE - H72



# ORANGE RIVER WINE ROUTE

## FOLLOWING THE GRAPE TRAIL ALL ALONG THE MOTHER RIVER

**T**here are 580 grape-growing farmers along the Orange River producing sophisticated, award-winning wines. On the wine trail? The best place to start is the Orange River Cellars Tasting Room.

The Northern Cape has a wine route that defies convention. Its vines grow in a punishingly arid land with furnace-hot summers and frosty winters. Simply named the Orange River Wine Route, it meanders along 300km of the Mother River, its grapes watered by canal-led irrigation, with the brown dry desert always in sight.

It is biblical. The Orange River Cellars and vineyards are concentrated around Kanoneiland, Keimoes, Kakamas, Upington, Grootdrink and Groblershoop.

There have been vines here for generations. With the intense summer temperatures and plentiful water (thanks to irrigation canals first excavated in the 1920s), grapes grow fast, healthy and sweet.

Sultanas were, and still are, major cash crops. Flawless table grapes, raisins and peaches followed.

But growing vines specifically for wine, using the irrigation along the Orange River, only started in 1966. In 1967, a cellar was built, and the first harvest was in 1968.

At first, there were only three choices: dry white, semi-sweet and full sweet.

Compared to the French-inspired wines of the Western Cape, these blends were considered fairly 'rough', but over the years, the quality has improved dramatically.

Sophisticated, award-winning wines are being produced along the Orange River, with varieties that include Colombard, Chardonnay, Chenin Blanc, Sauvignon Blanc on the white wine side; and robust red grapes like Pinot Noir, Cinsaut, Tannat, Petit Verdot, Sangiovese and Shiraz.

Dessert wines were once mostly limited to muscadels and jerepigos. They now include the very popular Straw Wine, a sweetly viscous creation redolent of peaches and pineapples, made from fully ripened Chenin Blanc grapes.



ARTICLE BY:  
DAILY MAVERICK



There are also Orange River Cellars in Kakamas, Keimoes, Groblershoop and Grootdrink.

Bezalel, a wine and brandy estate run by the Bezuidenhout family, is easily accessible on the road between Upington and Keimoes. At the entrance is a distinctive castle-like construction. At Bezalel they make boutique wine, brandy or liqueurs. There is also a restaurant, and staff will help you create a delicious picnic, if you'd prefer a more rustic meal in the gardens.

At Die Mas at Kakamas, owned by the Hanekom family, try the award-winning brandy, as well as their gin (very popular among locals) and wines. There is a shady deck overlooking the vineyards (with parking in the shade of vines), where you can eat breakfasts, pizzas and other light meals at the Kokerboom Kombuis.

Look out for Welna Hanekom's lovely sultana jams.

One of this country's most brilliant wine producers, Lowerland, is an outlier outside Prieska, beyond what locals call the Wonderdraai – a massive oxbow in the Orange River.

Here regenerative farmer Bertie Coetzee and winemaker Lukas van Loggerenberg create sought-after small-batch organic wines (Tolbos Tannat, Koedoe Cabernet Sauvignon, Vaalkameel Colombard, Die Wonderdraai and their renowned Die Verlore Bokooi blend).

This farm sells organic flour from heirloom species, pecans, kudu, lamb, sausage, biltong.

Lowerland trains apprentices and interns in sustainable livestock farming, regenerative agriculture, organic crop cultivation and the art of cultivating vines and other crops using cattle, pigs, sheep or kudus to prune, weed and fertilise).

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Compared to the French-inspired wines of the Western Cape, these blends were considered fairly 'rough', but over the years, the quality has improved dramatically. Overall though, the region's signature product remains Brandy. The current prizewinner is a Kalahari Truffle Potstill from Die Mas estate at Kakamas.

There are now 580 grape-growing farmers along the Orange River. Not surprisingly, Orange River Cellars are among the largest cellars in this country by volume. You'll see some Orange River Cellar estates in the best wine shops or bottle stores.

The major difference between the longer-established Western Cape wine routes and this one is that here there are far fewer picturesque wine-tasting rooms or estates. But several stand out.

The best place to start is the Orange River Cellars Tasting Room in Upington's main road, Schröder Street. You can sample many different wine varieties, as well as sparkling wine, brandy, and gin. Try pairings with fudge, chocolate, Turkish delight, nougat, cheese or Mediterranean platters.

# 7 LOW-STRESS WAYS TO START DECLUTTERING YOUR HOME

ARTICLE BY:  
TIME.COM

**A messy house can feel overwhelming to tackle, and progress may seem incremental at first. But there's good reason to work on building a healthier relationship with your home.**

Research suggests that clutter increases levels of the stress hormone cortisol, and that cleanliness is associated with better self-rated health. Other studies have found that being surrounded by lots of excess stuff contributes to procrastination, diminishes focus, and leads to decreased life satisfaction.

We asked a few experts to share their favourite strategies to kickstart a realistic decluttering routine.

## **TACKLE ONE CATEGORY AT A TIME**

Sort every item into one of five categories: trash, dishes, laundry, items that have a place (like books that belong on the shelf), and odds and ends that don't. Start cleaning up by category (and then find a home for random objects).

## **EDIT YOUR WARDROBE AUTOMATICALLY**

Every New Year's Eve, Matt Paxton (host of the PBS show *Legacy List* with Matt Paxton—which helps people unearth hidden treasures in their homes—and author of *Keep the Memories, Lose the Stuff*) turns all the hangers in his closet around so they're hanging backward on the rod. "When you wear the item, you turn the hanger the other way," says the host. The hanger trick gives visual proof of what he actually wore that year and which clothes languished in the closet. "You can't argue with it," he says, even if he did love that pink shirt he never got around to wearing. Anything he didn't wear, he donates. If a year feels too long, test out the exercise for three or six months, and then donate it to charity.

Another way to thin out your wardrobe, Paxton suggests, is to host a fashion show—wearing whatever your kids or grandkids select from your closet. "If you can't put it on or if it doesn't fit, there's your answer," he says. "Everyone will laugh."

## **CHANGE YOUR ENVIRONMENT**

Instead of dwelling on how to fix your own messy habits, consider adjusting your environment. Therapist and Mom, KC Davis isn't good about taking the trash out every day, so she got a bigger trash can that takes longer to fill up. She even wheels it from room to room when she cleans up. To address another pain point—piles of dirty clothes—she put a laundry basket in every room. "I want to be able to put away trash and laundry with four steps no matter where I am in my house," she says. "That cut down a lot on how messy I was."

## **SCAN YOUR STUFF**

One of the most frequent questions people ask is what to do with all their old photos. First, get rid of the negatives, any duplicates, generic landscape shots, and pictures of people you don't know or don't like. Then, digitize the remaining, more manageable pile by scanning copies with your computer or phone. The free app [Google PhotoScan](#), for example, allows users to scan photos with their smartphone, saving them in their cloud-based photo library.

Another app, Artifcts, help preserve memories through a combination of images, audio, video, and text. If your grandmother has a lot of vintage jewelry, you could take a picture of each ring or necklace and record her telling a story about its significance. “Now you’ve got her words, her voice, her story, and it’s forever,” he says—yet the objects cluttering up the closet can go. Matt Paxton also uses Artifcts to digitize his seven kids’ artwork. Every Friday before dinner, he spends five minutes taking a photo of their latest creation and then records them talking about their work. Each kid chooses one piece of art to keep per year, and the rest live on in digital form.

**MAKE DONATING PART OF YOUR ROUTINE**

When Paxton starts helping a new family clean their house, he asks where they want to donate belongings they no longer need that might be valuable to someone else. There are lots of options, depending where you live and what causes you support: If you’re donating to a local charity store, get in the habit of keeping a donation box in the trunk of your car. Otherwise, the pile might sit in your house for weeks. Then, once a week, swing by the charity of your choice.



**GAMIFY THE PURGE**

It can be hard to get the kids to pitch in but tat’s why Deborah Gilman, a psychologist, coaches her clients on ways to make cleaning up fun. You could play what she calls the “20-Things Game” - setting a timer for 20 minutes and challenging each member of the family to find 20 items to donate, sell, or throw away. “I tell people to do this a couple times a year, like when the seasons are changing,” she says. Make it a race to see who collects their items first; the prize could be choosing what movie to watch together that night.

Another idea, she says, is to launch a room redesign challenge. Each family member gets to choose one room or area they want to revamp—but first, everyone spends time decluttering the space together. “It gets everybody involved and excited to clear out unnecessary items to make way for the new,” she says.

**LOOK FOR THE STORIES**

Many people struggle to declutter because they don’t want to part with items that remind them of someone or something they love,

Paxton says. A simple mindset shift can make a big difference: Think of getting rid of stuff as a way of unearthing your family’s history. Ask each person to choose five items from your house that mean a lot to them—maybe a set of dishes from their wedding, a 50-year-old ball gown, or an antique typewriter. Then, have them tell a story explaining why they treasure each one so much. Record it, if you can, as a way of preserving their past for the future. The exercise usually proves liberating, Paxton says. “If you tell the stories, then you can let go of the items.”



**B**allymaloe. Stobhach gaelach. That's Irish Stew to the rest of us. Meat, potatoes, onion, carrots, parsley and, in this

somewhat inebriated version, good old Guinness and beef stock to give it depth of flavour. Yep, St Patrick's Day is this weekend, a time to celebrate all things Irish.

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Irish stew is a casserole of mutton or lamb, potatoes, onions, and parsley, sometimes carrots, and in modern versions also including a good whack of Guinness, the black dry stout that has been produced in Dublin since 1759. Guinness, in case you don't know, tastes better in Ireland.

I can vouch for this, having drunk it there for three weeks before returning to London, ordering a pint of Guinness. There was something missing; perhaps you need actual Irish people around you when drinking it.

My theory is that they keep all the best for themselves and send the rest overseas to the rest of us. Either way, I used an entire can of it in my Irish Stew, and you might want to have a second one to hand to wash it down with. This version, then, is Drunken Irish Stew.

It is a simple dish, to be sure, but that doesn't mean it need not be utterly delicious. The key, for me, is to use plenty of strong beef stock, the aforementioned 440 ml of Guinness, and carrots. Why carrots? Though they weren't always in the older, traditional Irish stews, carrots always lend a sweetness to a stew, and offer a counterpoint to the dark brew of the stout and the power of the beef stock. The other chief ingredient is time. You need several hours for the meat to tenderise while the flavours all develop.

ARTICLE BY:  
DAILY MAVERICK



Parsley is traditional too, but in some modern versions you will also find thyme and perhaps other herbs. Garlic often appears in modern iterations of it, though I did not use it, and I like to use a fair dose of tomato purée, which can only add to the overall deliciousness of it without altering its essential character.

In the USA, where Irish immigrants fled during the Irish Potato Famine of 1845-52 (also known as the Great Famine or Great Hunger), beef gradually took over from mutton or lamb in their version of the dish, so this one, I suppose, is more like the later American version. Americans have never been big on lamb or mutton.

At the very least, though, your Irish stew should contain meat, potatoes, onions and parsley. The meat, traditionally, is not on the bone, but I wouldn't let that get in the way, as bones can only add flavour to a casserole. I used celery as well, and bay leaves.

## INGREDIENTS:

- 500 g cubed mutton, lamb or beef, off the bone
- 2 large onions, sliced
- 3 carrots, sliced
- 1 celery stalk, diced
- 3 medium potatoes, peeled and sliced thinly
- 440 ml Guinness
- 600 ml (or more) strong beef stock
- 100 ml tomato purée
- Rosemary salt (or plain coarse sea salt) to taste
- Black pepper to taste
- Olive oil, as needed
- 3 thyme sprigs

- 2 Tbsp chopped flatleaf parsley
- 3 bay leaves
- 1 dessertspoon cornflour mixed with 4 Tbsp milk

## METHOD:

Fry the cubed meat in olive oil in batches, and set aside. Add more olive oil to the pot as needed, and more for the onions, which you put in next, with the sliced carrots and celery. Cook gently, stirring, for 2 or 3 minutes.

Add the browned meat back to the pot, followed by the Guinness, beef stock and tomato purée. Stir and bring it to the boil, add the thyme sprigs and bay leaves, and season with salt and black pepper to taste.

Add the scalloped (cut into thin rounds) potatoes on top. This may not be traditional but it's a nice way to do it, even if I have borrowed that from the very similar dish known as a Lancashire Hotpot.

If there's not enough liquid in the pot to more than cover the contents of the pot, add more beef stock.

Bring back to the boil, cover, and simmer on a very low heat (or in a low oven of about 160°C) for 3½ to 4 hours or so or until the meat is perfectly tender and the potato scallops are cooked through. Stir in the parsley 5 minutes before it's cooked. Let it cool for 10 minutes for the fats to rise to the surface, and skim off excess fat. Reheat before serving, garnished with parsley.



# “ALL ABOARD!”

Embark on a nostalgic journey to Simon's Town aboard the Explorer's Train

**Returning after an almost six-year absence, the Ceres Rail Company is excited to announce the introduction of the first train in its Explorer's Series, set to return to Simon's Town on Thursday, 21 March.**

Embark on a picturesque rail adventure with the Atlantic Rail aboard the Explorer's Train, for a delightful 2.5-hour trip through the scenic Cape Landscape to the charming seaside town.

The historic passenger train, pulled by a steam locomotive, ensures a unique experience, complete with a fully licensed bar and a dining car offering coffee and delectable snacks.

The inaugural train leaves from the AC Hotel by Marriot (close to the V&A Waterfront) at 9am, travelling via Bellville, down to Maitland and then from Observatory to Simon's Town.

The railway line follows the coastline as it travels through the quaint villages of St James and Kalk Bay, then winds through Fish Hoek and Glencairn, finally coming to an end in Simon's Town with a view of the naval dockyard.

Upon reaching Simon's Town at around 11:30am, passengers will have ample time to explore the seaside town, stroll to the beach or have a bit to eat at the many cafes and restaurants dotted around the area.

The stroll into the centre of Simon's Town is around one kilometre, during which you will pass many points of historic interest, including Admiralty House, Simon's Town Museum and the Naval Museum among the myriad of pretty buildings, such as the home of The Sweetest Thing patisserie – which is an experience not to be missed.

As the day unfolds, passengers will bid farewell to Simon's Town at 3pm, as the 'Explorer's train' returns along the same route back to Cape Town, bringing you back home at around 5:30pm.

**Please note: As with any exploration, things don't always run 100% according to plan – but that's simply part of the adventure.**

Don't miss out on the opportunity to rediscover the allure of Simon's Town aboard the nostalgic locomotive.

For more information and to book your seat, [click here](#).

Details:

- Date: Thursday, 21 March 2024
- Time: Depart Cape Town: 9am | Arrive Cape Town: 5:30pm
- Location: Depart: Harbour Bridge Platform (AC Marriot Hotel)
- Cost: R799 per seat (Lounge seating) | R575 per adult, R450 per child, R500 per pensioner (Day Sitter seating) | R899 per seat (Observation Car seating)
- Tickets: [Atlantic Rail](#)

