

# *"What's Happening"* BERGVLIET



*"All the lessons are in nature. You look at the way rocks are formed - the wind and the water hitting them, shaping them, making them what they are. Things take time, you know?"*

*Diane Lane*

Dear Residents,

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

While Easter is a time celebrated by many people in different ways, one thing we all have in common is that the long weekend gives us all an opportunity to pause for a few days after a whirlwind start to the year.

It is also the perfect opportunity to reflect on resolutions we may have made at the start of the year and - regardless of our individual circumstances - to adjust our strategies for the rest of the year.

Autumn is on our doorstep and soon we'll be going into the fullness of winter. With the slightly slower pace, and the thought of steaming cups of

hot chocolate, snug blankets and the wonderful aroma of hearty stews [just like mom use to make] is definitely something to look forward to.

Be assured that the change in season does not mean we will slow down on the social activities. We are working hard to ensure we don't lose momentum after an amazing start to our social calendar this year.

For now though we would like to wish all our residents a blessed and peaceful Easter.

Regards,  
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village

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Help combat water retention with pink salt and water

### HOT CROSS BUN DEBATE

The Taste Test results are in!

### BOTTOMS UP!

Locally made Three Ships Whisky wins again!

# WEEKLY ACTIVITIES

<b>MON</b> 1 APR				
<b>TUE</b> 2 APR			14h00 CLUBHOUSE SCRABBLE	
<b>WED</b> 3 APR		11h00 CLUBHOUSE AGELESS GRACE CLASS	12h00 BISTRO MID-WEEK LUNCH	
<b>THUR</b> 4 APR	 CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 5 APR			12h00 BISTRO FRIDAY LUNCH	
<b>SAT</b> 6 APR	09h00 CLUBHOUSE LAWN BOULE			BISTRO CANASTA NIGHT
<b>SUN</b> 7 APR		CLUBHOUSE LAWN BOULE		

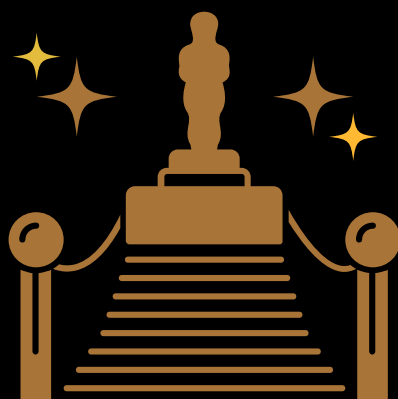
## UPCOMING SOCIAL EVENTS

### APRIL

6th - Canasta Night  
9th - Themed Social Dinner  
16th - Social Dinner  
17th - Music Evening

19th - Bingo  
23rd - Social Dinner  
26th - Resident Walk  
28th - Sunday Lunch  
30th - Social Dinner

# A NIGHT AT THE OSCARS



*An Evening of Glitz and Glamour*

## STARTER

Smoked Salmon Terrine, Dill Veloute, Wild Rocket Salad

or

Roasted Beetroot and Citrus Salad

## MAIN COURSE

Fillet Diane

or

Herb-Crusted Line Fish with Lemon Caper Sauce

Served with Roasted Orange Sweet Potato Puree  
and Sauteed Greens

## DESSERT

Vanilla Panna Cotta with Champagne Jelly

or

Fresh Fig and Brie Phyllo Crinkle Tarte

Dress for the Occasion

Bistro opens at 18h00

R225 pp

Please book at Ext 3200



# Music Evening

17 APRIL | 19H00

## PROGRAMME

### VIVALDI: LUTE CONCERTO IN D

SYMPHONY SEVILLE ROYAL ALCALZAR PALACE SEVILLA,  
CONDUCTOR JOSE BUENAGU, CLASSICAL GUITAR JOHN  
WILLIAMS

~

### CHOPIN: PIANO CONCERTO NR I

POLISH RADIO CHAMBER ORCHESTRA,  
CONDUCTOR AGNIESZKA DUCSMAL, PIANIST OLGA SHEPS

~

### BRUCH: KOL NIDREI

FRANKFURT RADIO SYMPHONY  
CONDUCTOR PAAVO JAEVI, CELLIST MISCHA MAISKY

~

### ROBERET SCHUMANN ARABESQUE IN C MAJOR

PIANIST EMIL GILELS

~

### CLARA SCHUMANN BALLADE OP 6 NO 4

KUMHO ART HALL YONSEI, PIANIST HYE-SEON LIM

RSVP AT RECEPTION OR ON EXT. 3200

# HAPPY Birthday

1 APRIL

LORRAINE BRYANT – A102

2 APRIL

SYLVIA LATEGAN – H54

13 APRIL

AMANDA PITT – H63

ALISON MCDONALD – H18

BRENDA HILL – H2

19 APRIL

CEDRIC REID – H44

26 APRIL

MIKE SMITH – H 67

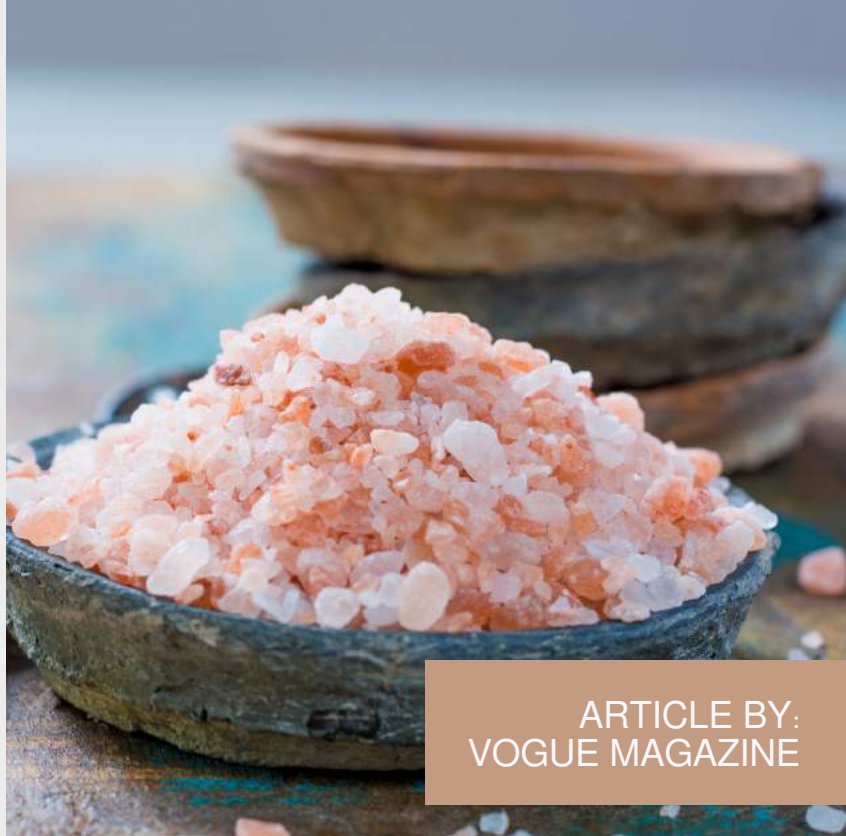
# HAPPY Anniversary

4 APRIL

TON & ANNEKE WEBER – H5



# DRINKING WATER WITH SALT IN THE MORNING ON AN EMPTY STOMACH COULD HELP ELIMINATE WATER RETENTION IN YOUR BODY



ARTICLE BY:  
VOGUE MAGAZINE

**We thought we'd heard it all: water and lemon, water and vinegar or chlorophyll water. But the answer could be a simple mixture of water with salt, say the wellness experts of today. The easy to prepare at home potion can remineralise us, give us fresh energy and boost concentration**

The drink can be made by adding some mineral-rich salt (such as Himalayan salt) to water, or with sachets of electrolytes (or electrically charged minerals), like those used by athletes to remineralise after excessive sweating. To better understand why electrolyte drinks are now so popular, we need to accept the possibility that 75% of us might be dehydrated—the consequences of which range from energy dips to headaches and even inflammation. We talked about this with Jo Woodhurst, a well-known British nutritionist.

**What are electrolytes and why do we need them for our bodies to function properly?**

It all starts with water. We know how important it is to drink enough of it: from affecting digestion to skin health, detoxification to cognitive performance and energy production, replenishing water levels is critical.

But many people are unaware that minerals with an electrical charge, called electrolytes, also play a crucial role in the body's hydration process.

An adult's body is about 60 percent water, and about 40 percent of it is found inside cells: it is what gives them shape and structure, and is used for metabolic processes. Without water, cells begin to dehydrate and cannot function optimally, so we must continue to replenish them. Electrolytes (such as sodium, potassium, magnesium, and calcium) carry water into cells and help maintain balance. These minerals conduct electrical impulses that the body needs for many other processes, including powering the nervous system and muscles, maintaining stable pH levels, and blood pressure.

Increasing water intake seems like the easiest solution, but being hydrated means more than just drinking gallons and gallons of water. Too much water can be detrimental to health because it dilutes important electrolyte minerals in the blood. Getting electrolytes through diet and smart supplementation are key to ensuring the body gets what it needs.

**Who should take electrolyte supplements?**

People fall into two categories: those who drink little water during a day (and often rely on coffee or tea as their only fluid intake) and those who drink a large amount of water without sufficient minerals (and in this way further dilute their mineral status). In ancient times when we were hunters and gatherers, electrolytes were obtained through mineral-rich water: today this is no longer available. These minerals are also obtained through diet (from foods such as coconut water, meat, spinach, kale, avocado, watermelon, bananas, almonds, olives, and broccoli), but those who struggle with a balanced diet may be deficient in these key minerals. In addition, our overgrown soils are often depleted of minerals, so our foods may also be deficient in them.

The amount of electrolytes we need depends on factors such as age, activity levels, fluid intake, and even the climate in which we live. Intense exercise, air travel, hot weather, alcohol consumption, sauna sessions, and even low-carb diets and fasting protocols can also lead to electrolyte loss. In these cases, the use of electrolytes can be supportive and restorative.



The body does not have the opportunity to take in fluids during sleep, and while we sleep our body and brain need to restore, rejuvenate and detoxify, using water supplies for these processes. The colour of urine in the morning can be a good indicator of the level of dehydration: the darker the urine, the more you need to hydrate. Although it is probably not "essential" for health, a large glass of filtered water with added electrolytes allows you to replenish your energy and start your day with optimal hydration.

Not all electrolyte supplements are the same, however: many are packed with sugar, artificial sweeteners, flavourings, fillers and low-quality minerals with poor absorbability.

### **What happens to the body if we don't get enough electrolytes?**

Our body maintains a delicate balance of electrolytes to ensure its proper functioning. Although electrolytes are important, it is not necessary to drink them with every glass of water, but only once or twice a day. A balance must be maintained: neither too little nor too much.

There are some key signs to watch out for: muscle weakness, eye cramps or twitching, constipation, fatigue, brain fog or irritability. It may also happen that we drink a lot of water but are still thirsty, and urine is dark, which is a sign of the need to increase water intake. A mild electrolyte imbalance may cause no symptoms and go unnoticed. A major electrolyte imbalance is rare, but severe. In these more extreme cases, symptoms such as irregular heartbeat, confusion, or hyponatremia (low sodium) may occur and should be checked by a physician immediately.

### **What is the best time of day to take an electrolyte drink?**

There is no "best" time, but you can use electrolytes wisely:

- During or after exercise, or any time when you sweat a lot
- When traveling: air travel in particular can cause dehydration due to the high altitude and low humidity in the cockpits
- In case of illness: if you have been sick (vomiting or diarrhoea) you are likely losing a lot of fluids and therefore need water and electrolytes to balance your body

- After an alcoholic evening: drink an electrolyte drink before you go to bed, and when you wake up. Alcohol is a known diuretic, so we often feel dehydrated
- During or after a sauna (or in a very hot climate), to replenish electrolytes lost through sweat
- Just waking up: after a restful sleep to get the day off to a good start

Although electrolyte supplements can be a game changer for so many of us, it is crucial to stick to the recommended doses. It is important not to overdo the minerals. Just as an insufficient amount of electrolytes can send the system into a tailspin, too much can create problems. Choose reliable brands and stick to the recommended dosages, and consult your doctor if you have any questions.

### **Drink water and pink Himalayan salt in the morning.**

Just a pinch in a glass of water in the morning on an empty stomach as soon as you wake up. Choose it in its fine variant, to make it dissolve more easily, or coarse but with a built-in grinder.



# IT'S HOT CROSS BUN SEASON, AND THE TASTE TEST RESULTS ARE IN!



From store-bought showstoppers to homemade buns, here's a look at some of the best hot cross buns this year.

It's that time of year again, where the smell of spiced buns is prominent and the eternal debate looms: to toast or not to toast hot cross buns!

**PS Whether you're team #toasted or team #untoasted, as long as you've savoured at least one heavenly hot cross bun this season, you're winning in our books!**

If you've ever attempted to make hot cross buns from scratch, you'll know the struggle is real. So that's why we decided to look at hot cross buns from some of our favourite grocery stores. However, for those who are looking for a challenge this year, we also decided to throw homemade hot cross buns into the works.

Note: to keep things fair, the homemade hot cross buns were baked on the same day all the store-bought samples were purchased. All hot cross buns were purchased on 24 March 2024 and the taste test was conducted on 25 March 2024.

## THE RESULTS

Our takeaway: if you are planning on making hot cross buns from scratch, they really are best enjoyed on the day that they come out the oven! They don't have any preservatives in them, so their freshness won't last as long as store-bought.

Also, if you don't have the burning desire to make hot cross buns (the yeasted type are a serious labour of love), opting for store-bought convenience is a great way to go. They are generally of a good standard, especially if you're looking for buns with a bit of longevity.

All hot cross buns were tasted blind, and without any butter to steal the spotlight. But let's be real, whether toasted or not, hot cross buns are always best served with a generous slather of salted butter!

## 1. SPAR HOT CROSS BUNS

Simply put, these buns really stole the show! From the smell to the taste and texture, they were utter perfection and brought the comforting breadly spice (and raisins).

Here's what some of the tasters had to say: "This was my favourite; had the perfect consistency, flavour, fluff and density," and "This sample was the best out of all. It is fresh, moist and delicious," and lastly, "So soft and fluffy, plus a good amount of raisins – I'm happy!"

At R23.99 for a bundle of six, these winning buns also win on the affordability front.

## 2. WOOLWORTHS TRADITIONAL HOT CROSS BUNS

Taking the silver medal, these buns brought the raisins and citrus peel but fell a tad short on the warming spices department.

Here is what tasters had to say: "This was underwhelming as it didn't have enough spice, but had hints of ginger and clove at the end, along with a citrusy aftertaste," and "It has a unique taste – gingery citrus flavour; it was soft and had a healthy finish. Good overall," and lastly, "No spice initially but has a bit of a 'cloveiness' that creeps up at the end. You can really taste the citrus peel, which I really liked. Lots of raisins, but they look like they have been chopped? Not sure if that's because it's 'easier' to eat or for budget reasons?"

Priced at R39.99 for six, these are the premium option among our contenders.

ARTICLE BY:  
FOOD24



**3. CHECKERS TRADITIONAL  
HOT CROSS BUNS**

Although this bun had a good fluffy texture to it, tasters found it to be a little dry. Had the hot cross buns been toasted, though, this wouldn't have been a problem at all!

Here is what tasters had to say: "This sample was quite dry although fluffy," and "The sample is fluffy, soft to the touch and has delicious crunchy raisins to top it off," and lastly, "Looks like it has a nice amount of raisins. The bun was a little dry, but it did have a nice look to it. It was still soft."

At R29.99 for a bundle of six, these buns strike a balance between quality and affordability.

**4. HOMEMADE HOT CROSS BUNS**

This homemade contender divided our tasting team. Some praised the sweet apricot glaze, while others found it a bit too much. But, hey, at least it looked pretty!

Here is what tasters had to say: "I really disliked this one because the glaze was too sweet, it was dry and it lacked flavour," and "It has a gorgeous glaze and a rich raisin taste. Well spiced and tasty," and lastly, "I liked this one because you could taste the butter that was used to make it, it was nicely spiced, and the apricot glaze added a nice sweetness. Could have been a bit fresher, though. It also had a really nice appearance to it."

**5. FOOD LOVER'S MARKET THE  
HOPPERY TRADITIONAL HOT  
CROSS BUNS**

While visually appealing with a fluffy texture, these buns unfortunately fell short on the spice front. Some tasters also noted a hint of dryness.

Here is what tasters had to say: "This was so dry, had no spice and lacked overall flavour in the sample."



I think the colour of this sample pays ode to how it tastes: dull," and "It is under-spiced and has an unappealing light shade, but the buttery flavour and softness redeems it somewhat," and "Nice and fluffy. You can see the raisins and citrus peel but no spice at all. But quite enjoyable still."

Priced at a wallet-friendly R19.99, these buns offer a budget-friendly option.

**6. OK TRADITIONAL HOT  
CROSS BUNS**

Dry and underwhelming, these buns failed to impress our discerning tasters.

Here is what tasters had to say: "A bit dry and quite under-spiced overall," and "The sample is a little dry and has an overpowering raisin taste. I give it an average rating," and lastly, "Not much raisins, not much spice. Yeasty and dry."

At R25.99 for six, these buns left much to be desired.

**7. PICK N PAY TRADITIONAL  
HOT CROSS BUNS**

Unfortunately, this sample also missed the mark, with tasters noting an overpowering yeasty flavour.

Here's what tasters had to say: "It has a sour taste to it. I'm assuming too much yeast in this one," and "It does not have the best taste - too yeasty and dry," and lastly, "I found this to be a little yeasty and sour. It's not spicy, but you can taste the citrus peel."

Priced at R35.99 for a bundle of six, they also come in at more of a premium price.



# THREE SHIPS WHISKY

## WINS WORLD'S BEST AT WORLD WHISKIES AWARDS IN LONDON

The World Whiskies Awards (WWA) 2024 have named Three Ships Whisky the 'World's Best' in its category at a gala dinner in London. Three Ships Whisky 12-Year-Old Double Wood was judged the World's Best Blended Limited Release. This news comes off the back of the earlier announcement that no less than four South African whiskies had been named Category Winners.

In 2012, Three Ships Whisky 5-Year-Old Premium Select won World's Best Blended Whisky at the WWA, and this year it was a finalist once more in the Blends category. Three Ships Whisky 21-Year-Old Millennium represented in the Single Malt category, while another South African whisky from the James Sedgwick Distillery won big – Bain's Founders Collection 15-Year-Old was judged World's Best Grain Whisky.

For over 24 years, Whisky Magazine has run the rigorous double-blind judging process to decide the best whiskies on the planet. This year's competition put more than 1,500 whiskies, from over 40 countries, in front of 200 international, expert judges.

There to collect the award for World's Best on behalf of Three Ships Whisky on the London stage was Andy Watts, former Master Distiller at the James Sedgwick Distillery.

ARTICLE BY:  
BIZCOMMUNITY



It's high praise for Andy, who raised the standard of South African whisky over many years, as well as for the entire Three Ships Whisky team back in South Africa. The news that South African whiskies have been judged World's Best may come as a surprise to some. After all, the world of whisky doesn't move quickly, so South Africa's rise can seem like a rocket launch. But those who've enjoyed these sensational whiskies over the last few decades will recognise the recent success is not unlike the aging of a fine whisky itself, thanks to the maturation of the local industry over many patient years.

"Our Master Distillers and Blenders have put in hard work, determination and ingenuity to be able to stand with the best in the world," said Meryll Stocks Roos, Brown Spirits Marketing Manager at Heineken Beverages South Africa. "For anyone who's been lucky enough to taste these winning whiskies, they'll know those qualities have paid off.

But it's certainly rewarding to have the rest of the world sit up and take notice, and it's a great achievement for South Africa."

This recent success follows a steady stream of wins in the last few years, including Golds and Double Golds in international competitions, with recognition for South African Master Distillers, too. All of this has helped to raise the profile of South African whisky as a whole. "It's an enormous honour for South African whiskies to win global recognition, and to be among the best of the best," said Walters Uys, Centre of Excellence Spirits Lead at Heineken Beverages.

For Three Ships Whisky, these wins are the fruits of years of grit and inventiveness. The climate of Wellington, home to the James Sedgwick Distillery, is a far cry from the misty Scottish Highlands and other 'traditional' whisky-making locales. Instead, the distillers who established Three Ships Whisky had to find innovative ways to turn the warm climate to their advantage. Making whisky under the South African sun was no mean feat, but it's clearly been worth the effort, producing whisky with a bold flavour and smooth finish, and a maturity beyond its years. With these wins, those efforts have now been given the recognition they deserve on the world stage.