"What's Happening" BERGVLIET





"Rather than struggle against time and waste it, let's dance with time and redeem it, because we don't live longer when we try not to die, we live longer when we're too busy livin."

Matthew McConaughey

Dear Residents,

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

With Easter and the long weekend behind us schedules can now return to normal. This coming week our social dinners begin again and we do so with a sold-out dinner.

For those of you who will be attending our Oscars-themed dinner, remember to get your "glitz" on, and get ready to enjoy a delicious 3 course dinner.

Looking at the rest of the month we still have a Music Evening, a Bingo Night and a Resident Walk to look forward to. We will end the month with our second Sunday lunch on the 28th.

I am sure you have all seen or heard the weather warnings by now. Luckily for all the sports fans you will have loads to keep you glued to your TV screen while the weather keeps us all indoors. The Investec Champions Cup kicks off tonight, with the Bulls and Stormers in action tomorrow afternoon.

Read more about the Stormers' amazing supporters attendance on page 11.

Wishing you all a peaceful weekend.

Regards, Riaan and the Evergreen Team

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AMAZING AVO'S

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WP JOU LEKKER DING

Supreme Stormers, the window to the rugby world

WEEKLY ACTIVITIES

MON 8 APR		11h00 CLUBHOUSE ANTI-AGING CLASS		
TUE 9 APR			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 10 APR		11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO MID-WEEK LUNCH	
THUR 11 APR	CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
FRI 12 APR			12h00 BISTRO FRIDAY LUNCH	
SAT 13 APR	10h00 CLUBHOUSE LAWN BOULE			
SUN 14 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



Warm rolls with salted butter.

Main Course

Creamy French Tarragon Chicken
Or

Apricot-Glazed Bacon Wrapped
Pork Tenderloin

Served with Parmesan and Thyme Potatoes Gratin & Sweet Baby Onions and Roasted Vegetables

Dessert

Vanilla Custard, Chocolate Mousse and Salted Caramel Parfait. Or Cheese Board.

Music Semug 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



FOR MORE INFORMATION CONTACT MYRLE ON EXT. 3053 TO BOOK FOR CATERING CONTACT RECEPTION ON EXT. 3200 HAPPY

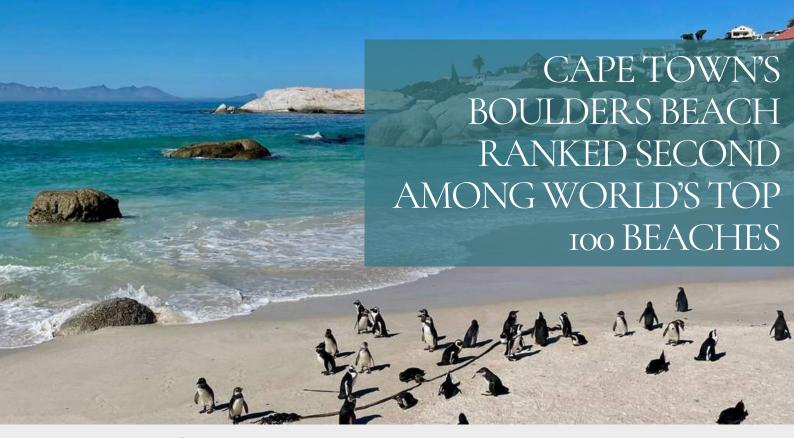
HAPPY

July

13 APRIL
Amanda Pitt - H63
Alison McDonald - H18
Brenda Hill - H2

19 APRIL CEDRIC REID - H44

26 APRIL
MIKE SMITH - H 67



Boulders Beach in Cape Town has been ranked second out of 100 beaches by BeachAtlas' Golden Beach Awards 2024.

The Skeleton Coast in Namibia was ranked at number nine.

Historically, the quest for the world's best beaches zeroes in on their visual allure, powdery sands and clear blue waters.

This is the first time that the selection bevond the conventional, aoes embracing a richer tapestry of what makes а beach remarkable. encompassing diverse criteria such as the value to the local community, diversity, equity and inclusion (DEI), lifestyle offerings, and cultural significance.

This broader perspective shines a light on those beach gems that typically don't make it onto traditional, unidimensional 'best beach' lists. Building on this criteria, the selection process invited selected travel experts and influencers from around the world to cast their votes and help curate the list.

THE CRITERIA: Classic beauty

Beaches that embody the traditional postcard-perfect image with fine golden sands, clear blue waters, and picturesque landscapes.

Party and lifestyle

Think Ibiza with its nightlife and energetic beach parties, or Dubai, epitomising beachside luxury with its exclusive resorts and upscale ambience.

DEI

Inclusive beaches that ensure every visitor feels represented and comfortable, regardless of their background, identity, or abilities.

Community

Beaches like Copacabana in Brazil are integral to their cities' identities and social life. They are not just tourist attractions but places where local culture and community life flourish.

Natural diversity

This criterion celebrates the diversity of natural beachfronts, from lakes and riverbanks to unique formations. It also highlights the abundant flora and fauna, underlining the ecological richness of these environments.

Cultural significance

Beaches with historical importance or a strong presence in pop culture, including those immortalised in cinema. It highlights shores that have earned a cultural reputation that extends beyond their natural beauty.



ARTICLE BY: IOL



1. Bora Bora, French Polynesia

Dive into crystal-clear waters by day and snap postcard-perfect sunsets by night. Welcome to the ultimate paradise.

2. Boulders Beach, South Africa

Boulders Beach in South Africa isn't just a picturesque stretch of sand, it's a bustling metropolis for the African Penguin. This unique spot allows you to chill on the beach while watching these tuxedo-clad locals waddle around, proving that beach bods come in all shapes and sizes.

3. Waikiki Beach, USA

Waikiki Beach in Hawaii whispers tales of gender diversity and indigenous heritage. Kapaemahu, four stones on this famed beach, stands as a tribute to four legendary mahu (third-gender individuals) who centuries ago brought healing arts from Tahiti to Hawaii. The name Kapaemahu also honours the leader of these healers, who transferred their spiritual power to the stones before they vanished, embedding the stones with dual male and female spirits.

4. Copacabana, Brazil

Copacabana, in Rio de Janeiro, is a vibrant mix of Brazilian life, known for its busy, traditional vibe. It boasts a variety of bars, pubs, street fairs, and shops, catering to all tastes and budgets.

The real charm of Copacabana is its stunning beaches and coastal views, which remain the main attraction for visitors. The neighbourhood offers a unique blend of urban energy and natural beauty, making it a must-visit destination.

5. Maya Bay, Thailand

Maya Bay, Thailand's showstopper, boasts clear blue waters, dramatic cliffs, and beautiful white sand. It's not just nature's masterpiece but also a Hollywood star, thanks to "The Beach" and Leonardo DiCaprio.

6. Black Sand Beach, Iceland

Reynisfjara, with its iconic black sand, is a testament to Iceland's volcanic heart. Formed by the clash of lava from the Katla volcano and the cold North Atlantic, its shores tell a story of natural forces.

The beach is also home to stunning basalt columns, creating a landscape so surreal it has captured the imagination of filmmakers and fans of Game of Thrones, Vikings, and Star Trek.

7. Glass Beach, USA

Glass Beach in California is nature's masterpiece, where decades of discarded glass have been transformed by the ocean into a sparkling beach of colourful pebbles. The relentless polishing of the waves has turned this human waste into a stunning, jewel-like canvas, showcasing nature's power to reclaim and beautify.

8. JBR Beach, UAE

JBR Beach in Dubai blends city vibes with beach relaxation. With golden sands and clear waters, it offers water sports, camel rides, and more. The Walk, its lively promenade, features shops, eateries, and street entertainment. It's a perfect spot for those who love the beach but want the thrill of city life too.

9. Skeleton Coast, Namibia

Skeleton Coast, known as 'The Gates of Hell,' is a desolate stretch in Namibia where the Atlantic's Benguela Current meets the desert. Its eerie name derives from the whale skeletons and numerous shipwrecks scattered along its shores.

10. Omaha Beach, France

Omaha Beach, set in Normandy, France, is a historic WWII landing site from the D-Day invasion by Allied forces. Now peaceful, the beach still holds remnants of German bunkers, marking its storied past.



WHY YOU NEED TO MAKE THE MOST OF THE 2024 AVO SEASON PLUS RECIPES TO HELP YOU DO JUST THAT!

The foodie ingredients most likely to make waves on social media this year, according to Time magazine's survey of industry insiders, are Asian ingredients like black sesame, ube and milk tea.

But this survey, and almost every food trend prediction list for 2024, emphasises the continuing strong demand for plant-based meals, and the sustained use of wholefood vegetables – i.e. vegetables that have not been highly processed – in restaurant and easy make-at-home dishes.

The growing trend of using vegetables in drinks is also gaining popularity, with the Time survey noting that "mixologists worldwide are embracing meal profiles for drink flavours".

South African-grown avocados fit directly into all these trends. They are a quintessential ingredient in plant-based meals; they are complete wholefoods, in that they can be used as is without processing; they make decadently creamy drinks; and they're totally Insta-worthy (just check out the trending #avocadobread to see what we mean!).

ARTICLE BY: FOOD24



This points to the extreme versatility of avos, and how easy it is to "add an avo" to breakfast, lunch or supper dishes, as snacks or meals in their own right, and as toppings or something special on the side.

Why avocados are becoming more popular in SA

Research undertaken by the SA Avocado Growers' Association (SAAGA) last year showed that the popularity of avos among consumers had surged in recent years, transitioning from being considered a luxury ingredient to becoming a household staple in many South African homes. Here's why.

Avocados offer a range of health benefits. They are high in hearthealthy fats, vitamin K and biotin; free from cholesterol and sodium; and can form part of a successful energy-controlled diet for weight management.

Avocados are a value-for-money ingredient. A little goes a long way when it comes to avos and there are a multitude of ways that consumers can "add an avo" to pantry staples or leftovers to create affordable family meals across all of our beautiful cultures.

year round. Creamy, green-skinned varieties are available from March to October, and nutty, dark-skinned avos from March until November. Both green and dark-skinned avos are equally delicious and nutritious. SAAGA's research also revealed that, even though the average cost all foods has increased, consumers consistently prioritise avocados, regularly including them in their shopping lists. Consumers' avo purchase behaviour evolved from impulse buying in and 2016 to planned purchases in 2021 and 2023. Shoppers particularly love ripe and ready avocados, with 66% being more for this willing to pay convenience.

So, what will you cook up this year? All you need is a recipe, a camera, a hashtag ... and to add an avo or two to create your own viral foodie sensation!

Our fave avocado recipes Need some avocado recipes to get you inspired? Start with these:



AVOCADO BAGELS

CLICK HERE FOR THE RECIPE



DAIRY-FREE AVO SMOOTHIE

CLICK <u>HERE</u> FOR THE RECIPE





AVOCADO PASTRY TART

CLICK HERE FOR THE RECIPE



ROAST VEG-AND-AVO 'MAYO' WRAPS

CLICK HERE FOR THE RECIPE







attraction in Cape Town, writes Mark Keohane.

The Stormers, into their third season of the United Rugby Championship, are unmatched for consistency over the past two and a half league seasons when it comes to crowd attendance. Cape Town loves rugby and they love the Stormers.

They are also tops when it comes to hosting their traditional rivals, the Bulls.

No team can match the consistency and growth of the Stormers in home attendance. It is a credit to the vision of Stormers Director of Rugby John Dobson and those players who bring to life Dobson's belief in how the game should be played.

There is a distinct Stormers DNA to Dobson and this current group, in how they play and how they relate to the Cape based rugby supporters. They are also the only group to win an international title in the 28 year history of the Stormers and they are the only Stormers squad to host six successive play-offs, including league successive URC finals.

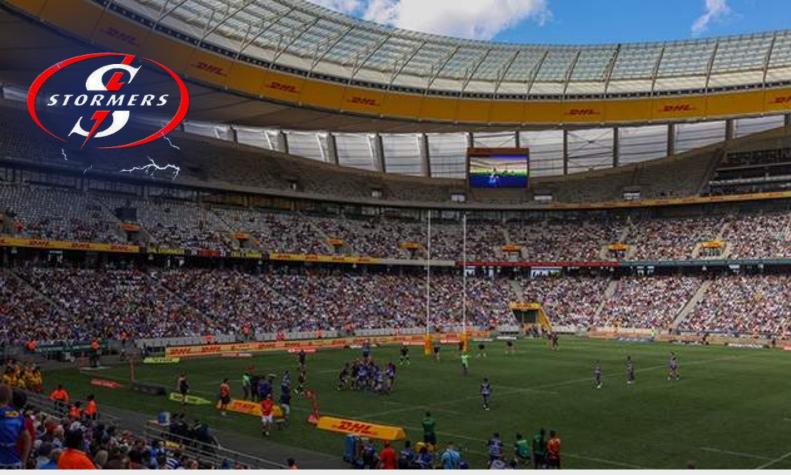
The Stormers also hosted the last 16 of the Champions Cup a season ago, when they beat London's Harlequins in front of a DHL Stadium crowd of 33 501. On Saturday they host the tournament champions of 2021/22 and 2022/23, La Rochelle, in the last 16.

The Stormers, even during the Covidrestricted first season, surged ahead of their league opposition in crowd attendance in South Africa and, in the last season and a half, have owned the title of most supported club in home games in the URC.

2021/22 The play-off matches attracted the maximum allowed to attend a match at the time (20 783 versus Edinburgh in the quarterfinals), (30 383 versus Ulster in the semi-finals) and (30 128 versus the Bulls in a home team winning Grand Final.' In the following season the Stormers increased every play-off attendance, 44 109 against the Bulls in the quarter-finals, 47 261 against Connacht in the semi-final and a URC record 56 334 in the final against Munster.

This season the Stormers, in URC league matches, boasted 39 925, up from the impressive 30 003 the previous season, for the December showdown with the Bulls and improved the Sharks visit from 30 721 in the 2022/23 season to a brilliant 37 246 home attendance on the 30th December, 2023.

The Cape Town support base has come out in numbers, despite incredibly challenging economic times, and they've shown an appetite to travel to support their boys. Italy's premier side Benetton got 12 507 at the Danie Craven Stadium in Stellenbosch last season and the growth and support for the URC has been showcased in increased numbers from the first season to the third. For example, 9616 watched the Stormers play Edinburgh in a league match in the 2021/22 season and 23 281 made it to the DHL Stadium a fortnight ago for the Stormers seven-try 43-21 win against the Scottish side.









Last Saturday even more, if only marginally at 24 602, made it to the Stadium on Easter Saturday, which crowd made it the biggest attendance in the premier rugby leagues in England,

Ireland's Leinster have traditionally produced big crowds for their played at the biggest games, national Aviva Stadium, and Munster have also, on occasion, packed in 30 000 at Thomond Park in Limerick.

The Bulls, when hosting the Stormers in Pretoria a month ago, sold out 50 000.

For the most it is the Stormers at home or the Stormers as an away opposition that gets the numbers to a stadium.

It is a compliment to how the Stormers play, but in a Cape Town context, the super Stormers support is combination of the squad, their style of play and a local fan base that consider themselves, rightly so, the Mecca of international Club rugby in their support of the Stormers.

On Saturday, La Rochelle visits. They are the back-to-back Champions Cup winners, they boast 13 Test players in their starting line-up, including eight French World Cup players and former Springbok and Stormers winger Dillyn Leyds.

They are a World XV/Test team in another guise, and they will get a world class reception from a word class crowd and the game's leading crowd, on average in numbers, in home games.

This is about Cape Town puffing out its chest and telling the world this city is not only among the planet's most visited cities as a travel destination, it is also the home of rugby.

Every statistic over the past three seasons - and for decades before that at Newlands - supports the boast.

ARTICLE BY: KEO.CO.ZA