

"What's Happening" BERGVLIET



"If I am a cup maker, I'm interested in making the best cup I possibly can. My effort goes into that cup, not what people think about it".

~ Denzel Washington ~

Dear Residents,

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

It is hard to believe that we are entering the last week of April already. The drop in temperatures, especially in the mornings and evenings has certainly been a chilly reminder that winter is well on its way.

In this week's newsletter we look at a variety of articles, ranging from food to flowers. Now that Autumn is here, it's a great time to look at your veggie patch and what will give you the best crop.

We also take a look at how the City of Cape Town plans to outshine the Gauteng Metro with it's 3-year plan and increased budget!

Switching to health matters, we take a look at Generic Medicines - are they a yay or nay? And are they really cheaper in the long run?

We end off on a fabulous floral note with tips on repotting Orchids (so that they last for longer than it takes to transport them from the shop!)

Happy reading and wishing you all a peaceful weekend.

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

AUTUMN FOOD GARDENS

A guide to what's in season and good for you

CAPE TOWN'S BUDGET PLANS

Cape Town's 3-year investment plans revealed

GENERIC MEDICINE

Fact or Fiction?

ORCHIDS

How to repot an orchid

WEEKLY ACTIVITIES

MON 22 APR		11h00 CLUBHOUSE ANTI-AGING CLASS	14h30 CLUBHOUSE CANASTA	
TUE 23 APR		10h00 CLUBHOUSE TOWN HALL MEETING	14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 24 APR		11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO MID-WEEK LUNCH	
THUR 25 APR	 CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
FRI 26 APR	08h30 BISTRO RESIDENT WALK		12h00 BISTRO FRIDAY LUNCH	
SAT 27 APR	10h00 CLUBHOUSE LAWN BOULE			
SUN 28 APR		CLUBHOUSE LAWN BOULE		



APRIL BIRTHDAYS

26th Mike Smith – H67



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y 3 0 T H A P R I L

Main Course

*Garlic King Prawns (6)
with lemon butter cream*


Or

*Beef Fillet (200g)
with peppercorn sauce*

Or

*Grilled salmon
with lemon butter cream*

*All main course options served with
crispy rosemary baby potatoes
and buttered seasonal vegetables*



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R175 per person



RESIDENT WALK

08H30 | FRIDAY, 26 APRIL

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**

RESIDENT BRING & BRAAI

BRING YOUR BEVERAGES, YOUR MEAT, AND
YOUR APPETITE!

THE CATERING COMMITTEE WILL SUPPLY
GARLIC BREAD, SALAD, AND CHOCOLATES TO
END THE EVENING ON A SWEET NOTE.



27 APRIL 2024 AT 12H00 | R80PP
BOOK AT RECEPTION OR ON EXT 3200

Laughter Yoga



Wanna shift from this

to this?

Been feeling a bit anxious or overwhelmed lately?
Join us for some laughter and
you'll feel a rush of feel-good hormones

When

3 May 2024 | 10:30 – 11:30am

Where

The Club House @ Evergreen

Questions

Wendy Cooke – WhatsApp 084 210 2104

Fee

This is a "Pay What You Can" fee system with a minimum suggested donation of R50
All proceeds will be donated to the Red Retreat Diversity Fund

No yoga mats or yoga clothing need.
You won't break a sweat, but hopefully you'll break a smile
Just bring along your childlike playfulness!!



THE AUTUMN FOOD GARDEN

It's the season for organic, healthy fruits & vegetables

ARTICLE: Food24

Rise and shine! A new season has come. Welcome autumn! We all know what happens now: the leaves are falling, and our environments are filling with red and yellow hues. It also means our gardens are filling with nutritional fruits and vegetables.

Embracing seasonal eating offers many benefits: it effortlessly aligns with nature's rhythm, promotes better health, and contributes to a more sustainable food system. Hopefully, this motivates you to develop a green thumb and create your own organic produce.

And what delicious and nourishing produce can you cultivate this season? Here are some great autumn suggestions to add a pop of excitement to your garden.

1. CARROTS

There's no better time than now to be growing carrots in South Africa, as we live in a warm climate with fertile soil. There's a rainbow of varieties to choose from when it comes to carrots, including the classic favourites Nantes. The great thing is that growing carrots is not demanding.

They flourish in loose, well-drained soil that's perfect for their roots to stretch and grow without constraints. They are very low maintenance, needing only 7-10 centimetres between each seed and minimal sunlight. As for water, small amounts will do, just enough to keep the soil moist but not soggy. In a matter of no time, they are ready to be harvested and you can enjoy delicious recipes, such as these festive honey glazed carrots, which are tender and lovingly roasted to perfection, or puréed carrots with tahini and nutmeg that is perfect for the little ones.

2. LEMONS

Be the bearer of your own Meyer or Lisbon lemon fruit tree and add a legacy for the future. Don't let the fact that it's a whole tree scare you – lemon trees are an investment that will last years. This nutritional tree thrives in well-drained acidic soil. You can plant it in a sunny corner in your garden as they don't require ample space. Lemons love to bathe in the sun, absorbing all the nutrients to feed into their roots. Add a sprinkle of water now and again to keep the tree thriving and soon will enjoy a bounty of sweet

and sour lemons. Once your fruits are ready, there's plenty of recipes to try, including chicken and cabbage stew with lemon or citrus cured snoek pate. Did you know that, in some cultures, lemons are a symbol of good luck? So not only will you be cultivating a vitamin C powerhouse but also channeling positivity in your life.

3. BEETROOT

Make a colourful veggie garden with beetroots, which are easy and fast growing. What you'll need is to select a sunny spot in your garden with well-drained soil. Prepare the soil by loosening it to a depth of about 30 centimetres and adding organic matter for nutrients. Keep the soil consistently moist, but not waterlogged, throughout the growing season. Harvest your beetroot when they reach the desired size, usually around 3 to 8 centimetres in diameter, by gently pulling them from the ground. Enjoy your homegrown beetroot in salads, soups or roasted dishes for a nutritious and flavourful addition to your meals! Try this beetroot salad with lime and haloumi or turn it into a sweet treat and enjoy beetroot chocolate cake with cream cheese icing.

4. PLUMS

Plant these blossoming beauties producing pink or white flowers before bearing fruit and transform your garden into an autumn wonderland. Plums thrive in a sunny spot with fertile, loamy soil, ample sunlight, and proper care. Plum trees require regular watering, especially during dry spells, to establish strong roots and promote healthy fruit production. Additionally, pruning is essential to maintain tree shape and encourage optimal fruiting. With attention to these factors, home gardeners can enjoy a bountiful harvest of juicy plums straight from their own backyard. After harvest, Dutch baby pancakes with plums can be the first breakfast you try – and we promise your loved ones will be delighted!



CAPE TOWN PLANS TO OUTSPEND GAUTENG METROS IN INFRASTRUCTURE

The City of Cape Town plans to invest more in infrastructure than all three Gauteng metros combined over the next three years.

Cape Town Mayor Geordin Hill-Lewis says the City's R29.7 billion budget is 80% larger than Johannesburg's (R22 billion) and 98% larger than eThekweni (R20 billion).

These figures are based on an analysis of the 2024/25 draft budgets tabled by each metro, and the budgets will be spent over the upcoming three-year Medium-Term Revenue Expenditure Framework (MTREF).

'We expect to create around 130 000 jobs over three years via infrastructure investments linked to our new Building for Jobs Budget,' he said in a statement.

ARTICLE BY:
CAPETOWN{ETC}

'These new jobs are purely based on construction alone and are just a small part of the economic benefits ahead for Cape Town as we prepare to overtake Johannesburg as South Africa's most populous city.'

'Since the start of this term of office in November 2021, Cape Town has added 363 000 new jobs, according to StatsSA. Our economy is robust, growing fast and creating jobs. Factories are hiring, call centres are hiring, entrepreneurs are taking the plunge, and many more people are moving their lives and businesses to Cape Town.'

Hill-Lewis adds that lower-income households and areas are set to benefit from around 75% (R9 billion) of the City's infrastructure spending throughout 2024/25.

'For many people in Cape Town – and throughout South Africa – hope comes from living in more dignified conditions. Dignified housing, dignified sanitation services, dignified neighbourhoods, streets and public spaces.'

'So we are racing to upgrade bulk sewer lines and wastewater treatment works, to quadruple the [number] of sewer pipes we replace, to expand our world-class MyCiti bus service to new routes, to put more Capetonians families into affordable housing, and to deploy even more law enforcement officers to high crime areas,' he says.

These are South Africa's budgets for the MTREF (2024/25 in brackets):

Cape Town:

R39/7 billion (R12.1 billion)

Johannesburg:

R22 billion (R7.2 billion)

eThekweni:

R20 billion (7.2 billion)

Ekurhuleni:

R9 billion (R2.9 billion)

Tshwane:

R7.3 billion (R2.3 billion)

Nelson Mandela Bay:

R5 billion (R1.6 billion)

Mangaung:

R4 billion (R1.3 billion)

Buffalo City:

R3.8 billion (R1.2 billion)

GENERIC MEDICINES

WHILE GENERIC MEDICINES MAY NOT HAVE THE FLASHY APPEAL OF THEIR BRAND-NAME COUNTERPARTS, THEY ARE EQUALLY EFFECTIVE, SAFE, AND RELIABLE.

WE'RE OFTEN TOLD THAT THE REAL DEAL IS SUPERIOR TO A COPYCAT VERSION. SO, IT'S NO SURPRISE THAT GENERIC MEDICINES MIGHT NOT HAVE THAT SAME WOW FACTOR AS THEIR POPULAR BRANDNAME VERSIONS.

But before you give generic meds the cold shoulder, it's important to understand what they are, how they work, and clear up some common misconceptions along the way.

WHAT EXACTLY ARE GENERIC MEDICINES?

Fiction: Generic medicines are cheap knock-offs that may not work as well as the brand-name drugs.

Fact: Generic medicines are essentially the 'twin siblings' of brand name drugs. They contain the same active ingredients, have the same safety and efficacy profiles, and are prescribed for the same medical conditions as their brand-name counterparts.

The primary difference?

The name and the price tag. Brand-name drugs are marketed under a unique and often trademarked name by the pharmaceutical company that developed them. These brand names are well-known and can carry a premium price tag due to the company's research and marketing investments. In contrast, generic drugs are sold under their chemical or generic

names and are typically more affordable because generic manufacturers do not have the same research and advertising expenses.

HOW DO GENERIC MEDICINES WORK?

Fiction: Generic medicines are like a game of Russian roulette, and you never know if they'll work or not.

Fact: Generic medicines work in the same way as brand-name drugs. They use the same active ingredients, which means they target the same disease or condition in the same manner. If a brand-name drug is known to lower blood pressure, you can bet the generic version will do the same job.

ARE GENERIC MEDICINES AS SAFE AS BRANDNAME DRUGS?

Fiction: Generic medicines can cause bizarre side effects or unpredictable reactions.

Fact: Generic medicines undergo rigorous testing and approval processes to ensure their safety and efficacy. In South Africa, the regulation and approval of generic medicines are

overseen by the South African Health Products Regulatory Authority (SAHPRA). SAHPRA plays a crucial role in ensuring that generic medicines meet the same rigorous standards of safety and efficacy as brand-name drugs before giving them the green light.

ARE GENERIC MEDICINES REALLY THAT MUCH CHEAPER?

Fiction: Generic medicines are just a marketing gimmick to make you think you're saving money.

Fact: Generic medicines are cheaper than their brand-name counterparts because they don't carry the hefty costs of research, development, and marketing. This cost-effectiveness benefits both your wallet and healthcare systems worldwide. It's estimated that generic medicine can cost about 80% less than branded products.

ARTICLE BY:
DISCHEM MAGAZINE



WHY DO GENERIC MEDICINES LOOK DIFFERENT FROM BRAND-NAME DRUGS?

Fiction: Generic medicines look different because they're trying to trick you into thinking they're something new and exciting.

Fact: Generic medicines may look different in terms of shape, colour, or packaging, but their active ingredients are the same. The differences in appearance are simply due to patent regulations that prevent generics from mimicking the brand-name drug's exact look.

CAN I TRUST THE QUALITY OF GENERIC MEDICINES?

Fiction: Generic medicines are made in shady, back-alley laboratories by people wearing lab coats from a costume shop.

Fact: Regulatory agencies strictly oversee the manufacturing and quality control processes of generic drug manufacturers. These agencies ensure that generic medicines meet the same high standards as brand-name drugs. Before a generic medication is approved for sale, it must demonstrate bioequivalence to the

brand-name drug through clinical studies. This means that the generic version must show that it delivers the same amount of active ingredient into the bloodstream as the brandname drug. These studies are carefully conducted to ensure that the generic medicine is therapeutically equivalent.

DO GENERIC MEDICINES HAVE MORE SIDE EFFECTS?

Fiction: Generic medicines come with a laundry list of scary side effects that you should be afraid of.

Fact: The side effects of generic medicines are no different from those of brand-name drugs because they contain the same active ingredients. Side effects, if any, depend on the medication itself, not whether it's branded or generic.

CAN I ASK MY DOCTOR FOR GENERIC MEDICINES?

Fiction: Doctors will only prescribe generic medicines if you beg them to.

Fact: In many cases, doctors automatically prescribe generic medicines to save you money. However, it doesn't hurt to confirm

with your healthcare provider that they're prescribing a generic when available.

ARE THERE GENERIC MEDICINES FOR ALL BRAND-NAME DRUGS?

Fiction: Every brand-name drug has a generic twin waiting in the wings.

Fact: There are generic equivalents for many brand-name drugs, but not for all. Some brand-name drugs are still under patent protection, preventing generic versions from entering the market. However, as patents expire, more generics become available.

IS A GENERIC OF MY BRAND-NAME MEDICINE AVAILABLE?

Fiction: Researching whether my prescription medication has a generic alternative will take hours and be a waste of my time.

Fact: It's quite straightforward. Ask your doctor if a more affordable generic is available and they'll prescribe it for you. You can also ask your Dis-Chem pharmacist about generic versions or simply search your medication's name or active ingredient online to see if there's a generic alternative.

HOW TO REPOT AN ORCHID



As dedicated indoor gardeners, we know the thrill of seeing our cherished orchids flourish. These delicate beauties bring a touch of exotic elegance to our homes, but as they grow, they may outgrow their pots or show signs of needing a change. Fear not, repotting an orchid is a simple yet essential task to ensure their continued health and vitality.

HOW TO EASILY REPOT AN ORCHID

What you'll need

Before diving into the repotting process, it's crucial to gather your tools and materials.

- A pair of sharp pruners or scissors
- A trowel or soil scoop
- A clean container with proper drainage
- A bag of specialized orchid potting medium.

STEP-BY-STEP REPOTTING GUIDE

Prepare Your Orchid:

A day or so before repotting, give your orchid a good watering. This helps it tolerate the stress of being moved. Remember to sterilize your pruners or scissors and wash your hands to prevent any potential spread of disease.



Gentle Extraction:

Carefully remove the orchid from its current pot by grasping it close to the roots. Avoid pulling it out by a single leaf, as this could lead to breakage.

Root Care:

Once your orchid is out of its pot, delicately loosen the roots and remove as much of the old growing medium as possible. Orchid potting mixes are specifically formulated with bark chips or sphagnum moss to provide optimal drainage and aeration.

Trimming:

Inspect the roots and trim away any dead or damaged ones using your pruners or scissors. Healthy roots should be firm and green, while dead

ones will appear soggy, shriveled, or discoloured.

MAINTAINING YOUR ORCHID

Now that your orchid is comfortably settled into its new home, maintain its care routine as usual.

Place it in a location with bright, indirect light and water it when the potting mix is on the verge of drying out. With proper care, your orchid can grace your home with its stunning blooms for one to two years before requiring repotting once again.