

"What's Happening" BERGVLIET



"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."

~ Roy T. Bennett ~

Dear Residents,

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

May is here and with it, a couple of great events to add to your social calendar. On Friday the 10th, the ladies from Naturally Pampered will be here to do complimentary hand scrubs for all the ladies as a small pre-Mother's Day treat.

Then our main event for the month will take place on the 24th. Stephanie from Wine Source, a familiar face to all the SWIGS, will join us for a mini-wine festival as we celebrate International Wine Day with a casual dinner combined with an amazing wine tasting of local and international wines. In the meantime, take a look further in the newsletter for a couple of special Wine Source offers extended to all residents.

Colder weather means even more rugby so we've included a teaser for all the rugby fans and ardent supporters with the Springbok's fixtures for 2024. After the amazing time we had last year hosting game-day dinners we have decided to repeat this for some of the big games.

Happy reading and wishing you all a peaceful weekend.

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 29 APR		11h00 CLUBHOUSE ANTI-AGING CLASS	14h30 CLUBHOUSE CANASTA	
TUE 30 APR			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 1 MAY		11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO MID-WEEK LUNCH	
THUR 2 MAY	 CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
FRI 3 MAY		10h30 LIBRARY LAUGHTER YOGA	12h00 BISTRO FRIDAY LUNCH	
SAT 4 MAY	10h00 CLUBHOUSE LAWN BOULE			
SUN 5 MAY		CLUBHOUSE LAWN BOULE		

MAY BIRTHDAYS

3 MAY – HANK PIENAAR – H30
 6 MAY – CHARLES HARROD – H13
 7 MAY – DAVID DRAUDE – H28
 10 MAY – JO NIXON – H36
 10 MAY – YVONNE JACKMAN – A8
 15 MAY – JOHN BESTER – H34
 21 MAY – ELDA – H55



ANNIVERSARIES

1 MAY
 COLIN & DAWN OSBORNE – H59

 19 MAY
 TREVOR & HEATHER HONEYSETT – H77

 27 MAY
 DAVID & FELICITY WALKER – H42



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y 7 TH M A Y

Main Course

*Slow-Roasted Pork Neck
with honey mustard gravy*

Or

*Grilled Kingklip
with caper and lemon butter sauce*

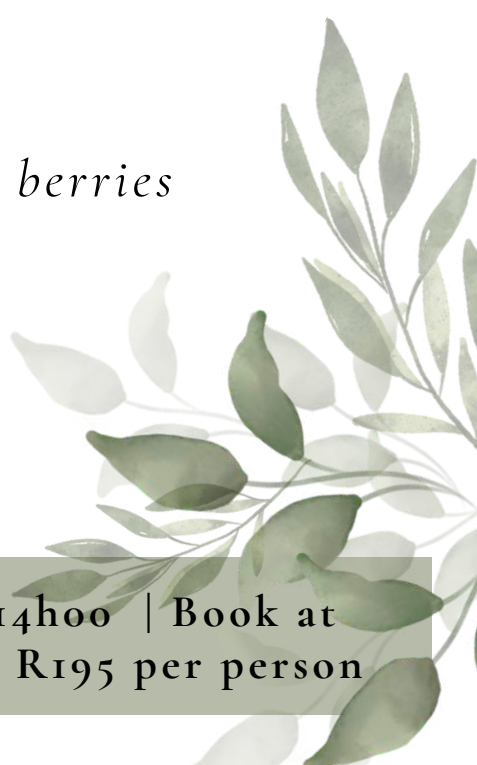
*Served with herb mashed potatoes
and roasted vegetables*

Dessert

Crema Catalana served with fresh berries

Or

Cheese board



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R195 per person

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!!



Scrub Away The Years



Naturally Pampered

Beauty & Care

COME AND ENJOY A COMPLIMENTARY
REVITALIZING HAND SCRUB

DATE: Friday, 10th May

VENUE: Library

TIME: 10h30-15h00

REFRESHMENTS ON ARRIVAL

Gift voucher Give-aways!



EVERGREEN BERGVLIET AND WINE SOURCE
PRESENTS

International Wine Day

Join us for a relaxed social dinner and wine tasting. Explore a variety of local and international wines, each offering different cultivars and styles. Choose your favourites and savour the evening with friends.

FRIDAY | 24 MAY | 18H00 | R195

- Wine tasting begins at 6:00 PM, and meals can be pre-ordered.
- Tickets cover a meal and a specific number of tastings.
- Additional wine sales and tasting vouchers will be available for purchase.

MENU

WOODFIRED FLATBREAD

- salami, blue cheese, fig
- pulled chicken, mozzarella, red onion, coriander
- bocconcini, plum tomatoes, basil pesto (V)

from the kitchen

- fish & calamari combo with chips
- beef espetada with chips
- charcuterie board

Book at Reception or on Ext. 3200

WINE SOURCE



**LOURENSFORD THE RIVER GARDEN
UNWOODED CHARDONNAY
R70 PER BOTTLE**



**KRANSKOP VIOIGNIER
(DRY - UNWOODED)
R80 PER BOTTLE**



**UNLABELLED STEENBERG
ROSÉ (DRY)
R75 PER BOTTLE**



**LANZERAC SAUVIGNON BLANC
R80 PER BOTTLE
(NORMAL RETAIL PRICE R105 PER BOTTLE)**



**LOURENSFORD
EDEN CREST RED BLEND
R75 PER BOTTLE**



**BOLAND WILLOW KAREE SHIRAZ
R99 PER BOTTLE
(NORMAL RETAIL PRICE R266 PER BOTTLE)**

CLICK [HERE](#) TO FOR MORE GREAT OFFERS

To place your order please email: stephanie@winesource-za.com
Minimum orders of 1 case (6 bottles). Mixed cases of wine are welcome.

BRAAI SEASON

LOADING



With the 2023 RWC still fresh in everyone's minds, please see below the Springbok Rugby fixtures for 2024 - also known as official “must braai days”.

More event details will follow

Saturday 22 June: Springboks vs Wales (Twickenham, London)

Saturday 6 July: Springboks vs Ireland (Loftus Versfeld, Pretoria)

Saturday 13 July: Springboks vs Ireland (Hollywoodbets Kings Park, Durban)

Saturday 20 July: Springboks vs Portugal (Toyota Stadium, Bloemfontein)

Saturday 10 August: Australia vs Springboks (Suncorp Stadium, Brisbane)

Saturday 17 August: Australia vs Springboks (Optus Stadium, Perth)

Saturday 31 August: Springboks vs New Zealand (Emirates Airline Park, Jhb)

Saturday 7 September: Springboks vs New Zealand (DHL Stadium, Cape Town)

Saturday 21 September: Argentina vs Springboks (venue TBC)

Saturday 28 September: Springboks vs Argentina (Mbombela Stadium, Nelspruit)

Sunday 10 November: Scotland vs Springboks (Murrayfield, Edinburgh)

Saturday 16 November: England vs Springboks (Twickenham, London)

Saturday 23 November: Wales vs Springboks (Principality Stadium, Cardiff)

SIYA KOLISI

HONoured IN TIME MAGAZINE'S 'TIME 100 LIST' FOR 2024

Siya Kolisi has claimed another illustrious honour by being named on Time Magazine's Time100 list for 2024. The two-time Rugby World Cup-winning Springbok captain joins his icon, the late president Nelson Mandela.

According to IOL, the 100-year-old American news magazine unveiled its annual list.

Kolisi's narrative, spanning from the hardships of the Zwide township to Rugby World Cup victory in 2019, initially caught the sporting world's eye four years ago.

Yet, it's his humility, philanthropic efforts beyond the field, and his recent captaincy leading the Springboks to a record fourth World Cup title that have propelled him to global icon status.

The former Sharks and Stormers player is the first Black Springbok captain and has become a national icon, carving out an incredible career despite facing the immense challenges of poverty early on in his life.

ARTICLE BY:
BIZCOMMUNITY

TIME 100



2024

Time Magazine recognised Kolisi as an 'innovator,' placing him among a select group of global sports stars for their international impact in the past year. He shares this prestigious list with luminaries such as Super Bowl-winning Patrick Mahomes, three-time F1 world champion Max Verstappen, and Spanish women's football world champion Jenni Hermoso.

Fellow South African Trevor Noah authored Kolisi's entry for Time Magazine. The publication highlighted that '(Kolisi) has been the embodiment of hope during a time in which many South Africans find it hard to hold on to any.'

'Through political strife, an energy crisis, and the effects of Covid-19, Siya has made rugby into something more than just a competition. His multiple victories, the country's victories, have meant so much.'

'Through his wisdom and humility, Siya has taught us that a powerful captain should be someone who serves and inspires those he leads. And for him to lead a team in a historically white sport, to be loved and adored by fans of all races, is an immense achievement.'





5 COSY ONE-POT DINNERS FOR EASY CLEAN-UP

ARTICLE: Food24

Not only are these five one-pot dinners perfect for a cosy night in, but they save on the clean-up because they're all made in one pot.

As we head towards cooler weather, we're all on the search for cosy dinners. Enter comforting one-pot dinners for the ultimate win, because let's face it, no one has time to clean for hours after cooking up an epically cosy meal.

SMOKED CREAMY PORK CHOWDER

Prep: 10 mins, Cooking: 40 mins

This is a delicious version of a chowder, a thick soup or stew made with milk or cream. Salty crackers are often crumbled over the top for extra flavour and texture.

INGREDIENTS

- 45ml oil
- 1 leek — chopped
- 1 carrot — diced
- 1 celery stalk — diced
- 5ml fresh sage — chopped
- 60ml flour
- 500ml chicken stock
- 500ml milk
- 800g potatoes — peeled and diced
- 500ml sweetcorn
- 10ml smoked paprika
- 250g bacon — diced and fried
- salt and freshly ground black pepper
- fresh coriander — to garnish

METHOD

- 1 Heat the oil in a large saucepan over medium heat. Add the leek, carrot and celery and cook for about 8-10 minutes or until tender.
- 2 Add the garlic, sage and flour and cook until the flour is lightly browned.
- 3 Slowly stir in the stock, deglazing the pan.
- 4 Add the milk and potatoes and bring to the boil.
- 5 Reduce the heat and simmer for about 30 minutes or until the potatoes are soft but not mushy.
- 6 Add the corn, paprika and bacon and cook until heated. Season with salt and pepper. Garnish with the coriander.



CURRIED PORK SHANKS

Elevate your dinner game with these succulent curried pork shanks, slow-cooked to perfection in a fragrant blend of spices that will tantalise your taste buds and leave you craving more.



PORK POT WITH CHUTNEY SAUCE

A recipe all South Africans will adore where juicy pork complements the sweet and tangy notes of chutney for a truly unforgettable dining experience.



PORK AND SHALLOT CASSEROLE WITH SAGE AND MUSHROOMS

Infused with aromatic sage and earthy mushrooms, this rustic pork and shallot casserole promises to be a hearty and wholesome meal that satisfies the soul.



TOMATO TROTTERS WITH BEANS AND POTATOES

Dive into a bowl of comfort with these tomato trotters featuring tender beans and potatoes, simmered to perfection in a rich tomato broth that will leave you feeling warm, cosy, and completely satisfied.

8 TIPS FOR GROWING BLUEBERRIES IN CONTAINERS



Growing blueberries in containers has several advantages over growing them in the ground. For example, you can place your containers where they get lots of sun during the growing season and move them in the fall to a site where the plants are protected from drying winter winds. You can also provide the perfect soil for your acid-loving blueberries more easily in a container than in the ground where the native soil may be less than ideal. Follow these tips on successfully growing blueberries in containers to get the most out of your plants.

1. Plant More Than One

Bees are necessary to pollinate blueberry flowers so that the fruit develops. Good cross pollination maximizes fruit production and this is best achieved when you plant at least two or three plants, each one a different variety. It's very important that your varieties bloom at the same time so the bees can visit when the flowers are ready to be pollinated. For best results, place your container gardens within a few feet of each other.

2. Choose the Right Containers

Plant just one blueberry per large weather-proof container with good drainage. It should be about 20 to 24 inches deep and 24 to 30 inches wide to accommodate the plant's root system. A half whiskey barrel with good drainage holes is ideal. If you plan to move the plants to a protected location for winter, you may want to go with something lighter weight such as plastic or resin containers. And consider investing in a plant dolly.

3. Prepare the Perfect Soil

Blueberries need acidic soil to thrive, ideally with a pH between 4.5 and 5.0. They also need one that is moisture retentive but drains well. Here are three options for your container mix:

One part good quality potting soil and one part sphagnum peat moss
One part sphagnum peat moss and one part of shredded pine bark

Two parts coir (shredded coconut husks), two parts sphagnum peat moss, and one part perlite
Whichever recipe you use, mix the ingredients well and moisten it. Tease the roots of your blueberry apart to encourage their spread and place it in the container that is partly filled with your growing mix. Add more of your mix, being careful that the plant sits at the same depth it was growing in its nursery container. Water well.

4. Select a Sunny Site

Blueberries are most productive if they grow in full sun (at least 6 to 8 hours of direct sun per day). In regions with very warm summers, they will appreciate a bit of afternoon shade. Although these berry-producing plants will grow in part shade, they will bear much less fruit.

ARTICLE BY:
BETTER HOMES & GARDEN



6. Water Deeply and Regularly

Blueberries hate to dry out, so it's important to water them regularly. The soil should be kept evenly moist. This may mean you need to check on these berry-producing plants several times a week, especially during the heat of summer. But don't overwater them or their roots may rot in constantly soggy soil. Be sure your containers have good drainage.

7. Protect Fruit with Bird Netting

Although you won't be harvesting for the first year or two, by the third year your blueberries should produce a decent crop. But as the berries begin to ripen, your local bird population will take notice. Birds love blueberries! To prevent their feasting on your long-awaited crop, cover each shrub with bird netting or a light floating row cover before the berries ripen. While this is a bit of a nuisance when you want to gather your berries for a dessert, it's the best way to ensure there will, in fact, be berries to harvest. Once the harvest season is over, remove the netting or cover and put it away until next year.



8. Prune in Late Winter or Early Spring

After their third or fourth year in the container, your blueberries will probably need some pruning. This should be done before new growth begins. Using clean pruners, remove any dead and weak wood. Also remove branches that rub against each other or are awkwardly placed. You can remove up to a third of the plant without damaging it. This stimulates growth and opens the plant up to more sunlight and air circulation.

Frequently Asked Questions

How long does it take before you get your first blueberry crop?

It's best to remove any berries that begin to develop the first or second year of growth. The third year you can expect a small harvest. By the fifth year, these fruit-producing plants should be in full production.

What causes blueberry leaves to turn yellow?

Yellow leaves usually indicates that the soil pH is too high. To lower the pH to the ideal 4.5 to 5.0 range, use a soil acidifier and be sure that the fertilizer you use is intended for acid-loving plants.

5 Impressive Health Benefits of Cranberry Juice

PLUS, HOW TO PICK OUT THE HEALTHIEST CRANBERRY JUICE OPTION AT THE STORE.

Known for its deep red color and sweet-tart taste, cranberry juice is a classic drink that's stood the test of time. It's perfect for quenching your thirst, whether you're looking for an alternative to water or other types of fruit juices. But is cranberry juice actually healthy for you, and if so, how much is a good amount to drink? We tapped registered dietitians to learn more about the health benefits of cranberry juice, plus how to find the healthiest one in stores.

WHAT IS CRANBERRY JUICE?

Cranberry juice is the liquid from cranberries, a small dark red fruit that's native to North America. The berries are crushed into a pulp, which is then pressed to remove the juice. This juice is filtered and pasteurized before being packaged into bottles. Depending on the manufacturer, the liquid might be blended with other fruit juices.

CRANBERRY JUICE NUTRITION FACTS

While cranberry juice can be part of a healthy diet, it doesn't offer a ton of nutritional bang for your buck. "Juice is primarily carbohydrates, with very little protein and no fat," explains registered dietitian Maddie Pasquariello, MS, RDN. These two nutrients are important for promoting satiety and slowing digestion, which would otherwise pump the brakes on blood sugar spikes, she adds.

Plus, many cranberry juices on the market contain added sugars or feature a blend of different ingredients, so it can be difficult to know how much cranberry juice you're actually getting, says Pasquariello.



WHAT IS A HEALTHY SERVING OF CRANBERRY JUICE?

In general, it's safe to drink eight ounces (one glass) of cranberry juice per day as part of a balanced diet, says Kristen Carli, MS, RD, registered dietitian nutritionist and founder of Camelback Nutrition Wellness.

However, as with all foods and drinks, there's no one-size-fits-all serving size for cranberry juice. The ideal amount depends on several factors, including your age and health status, notes Carli. It's also essential to consider other foods and drinks you're consuming, especially if you're trying to limit your intake of added sugars, which is found in many cranberry juices.

If you're unsure how much cranberry juice is safe for you to drink, chat with your doc or a registered dietitian, recommends Carli. They can assess your medical history and lifestyle, and determine the healthiest serving for you.

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TOP HEALTH BENEFITS OF CRANBERRY JUICE

It Reduces Oxidative Stress

For a tasty way to lower oxidative stress, sip on cranberry juice. "Cranberries contain a class of antioxidants called polyphenols, which include subgroups like phenolic acids, anthocyanins,

ARTICLE BY:
REALSIMPLE.COM



proanthocyanidins, and flavonoids,” says Pasquariello. Antioxidants in general protect cells from oxidative stress—a process that, over time, can destroy healthy cells and increase the risk of chronic conditions, including type 2 diabetes, lung disease, and heart disease, notes Pasquariello.

It’s worth noting that the antioxidant content of cranberry juice isn’t comparable to whole cranberries. The juicing process removes the antioxidant-packed skin and seeds, reducing the antioxidant content by about 30 to 40%. Cranberry juice blended with other juices might even have less, depending on the antioxidant profile of the latter. Still, this doesn’t mean cranberry juice isn’t a noteworthy source of antioxidants; it’s just not as rich as whole, fresh cranberries.

It increases hydration.

When it comes to staying hydrated, you’re not limited to plain water. Fruit juice—including cranberry juice—is fair game, thanks to its high water content. This can help boost your hydration, which is vital for basic bodily processes like regulating body temperature, supporting digestion, and absorbing nutrients, says Carli.

It promotes immune function.

“Cranberry juice contains compounds like proanthocyanidins and vitamin C, which are known to support immune function,” explains Carli. Vitamin C is

especially important for top-notch immunity, as it’s essential for the production and function of white blood cells, she notes. These cells help your immune system respond to infections, as they’re responsible for fighting and destroying germs that might make you sick. The antioxidants in cranberries (and therefore, cranberry juice) also have anti-inflammatory properties, which also contribute to healthy immune function, says Pasquariello.

It might support urinary tract health.

If cranberry juice had a claim to fame, it would be its link to urinary tract health. Specifically, it’s associated with a lower risk of urinary tract infections (UTIs), which is marked by symptoms like a persistent urge to pee, pelvic pain, or cloudy urine. This cranberry juice benefit is thought to be related to its proanthocyanidins, which may prevent harmful bacteria from sticking to the walls of the urinary tract, potentially reducing the risk of UTIs, says Carli. With that in mind, regularly drinking cranberry juice could theoretically provide some protection—but there isn’t currently enough evidence to prove a definitive benefit. Recent research also suggests its effects may be limited, so more studies are needed.

Otherwise, drinking more liquids in general can help prevent or manage UTIs, notes Pasquariello. This can

include cranberry juice, if you happen to enjoy the drink and are looking for tasty alternatives to water. But take note: If you’ve already been diagnosed with a UTI, it’s still important to complete the recommended course of antibiotics in addition to drinking liquids, says Pasquariello.

It may support heart health.

As the antioxidants in cranberry juice combat oxidative stress, they could also reduce the risk of heart disease. That’s because oxidative stress can damage cells in the heart, negatively affecting heart function over time. Cranberries and cranberry juice also contain flavonoids, a type of antioxidant that may prevent atherosclerosis, notes Pasquariello. Atherosclerosis happens when plaque builds up in your arteries, potentially reducing blood flow and increasing the risk of heart disease. However, the potential heart-related benefits of cranberry juice come from in vitro studies—which are done in a petri dish or test tube vs. in a living organism—so more research is needed before confirming the cardioprotective effects of cranberries and cranberry juice, says Pasquariello.

RISKS AND SIDE EFFECTS OF CRANBERRY JUICE

“While cranberry juice is generally safe for most people, consuming large amounts may lead to upset stomach or diarrhea,” says Carli. This is due to its acidic nature and high sugar content.

If you’re prone to kidney stones, be mindful when drinking cranberry juice, recommends Carli. Cranberries contain oxalates, which can contribute to the formation of kidney stones. Likewise, if you’re taking blood-thinning medications, cranberry juice might interact with these drugs, so talk to your doctor before sipping on the drink, says Carli.

HOW TO CHOOSE THE HEALTHIEST CRANBERRY JUICE

If you want to find the healthiest cranberry juice in stores, there are several things to consider when shopping. First, look for one that’s made of pure cranberries, suggests Pasquariello. It will likely be labeled “100% pure cranberry juice.” Also, choose a product with no added sugars.