

# *"What's Happening"* BERGVLIET



*"Everyone on Earth, they'd tell us, was carrying around an unseen history, and that alone deserved some tolerance".*

*~ Michelle Obama ~*

Dear Residents,

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

Thank you for the positive responses we've received over the past few weeks to keep the social dinners going. We have unfortunately had some inconsistencies of late which affected the support of the regular a la carte service. We have therefore decided to pull back on the service to ensure consistent quality of meals. As of Monday, coffee service will remain available as before, but food service will be limited to Tuesday night Social Dinners, and Wednesday and Friday lunches. This excludes any special events that will continue as advertised.

The menus for next week can be found on Pages 3 and 4.

Also in this week's newsletter we look at the history of the last leopard in Hout Bay, what potted plants make for a colourful balcony, and we end off with an article about another world accolade for Cape Town - we have been named as one of the best cities in the world to enjoy a great cup of coffee!

Happy reading and wishing you all a peaceful weekend.

Regards,  
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village

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Social Dinner Menu

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The History of the last leopard in Hout Bay

### BALCONY BESTIES

Potted plants for a colourful balcony

### COFFEE CULTURE

CT is named as one of the world's best cities for a good brew!

# WEEKLY ACTIVITIES

<b>MON</b> 6 MAY		11h00 CLUBHOUSE ANTI-AGING CLASS	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 7 MAY			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 8 MAY		11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO MID-WEEK LUNCH	
<b>THUR</b> 9 MAY	 CLINIC SR SHARON ADAMS		14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 10 MAY		10h30 LIBRARY NATURALLY PAMPERED	12h00 BISTRO FRIDAY LUNCH	
<b>SAT</b> 11 MAY	10h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 12 MAY		CLUBHOUSE LAWN BOULE		

## MAY BIRTHDAYS

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

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 <sup>TH</sup>   M A Y

### *Main Course*

*Herb-Crusted Beef Roast  
with red wine jus*

*Or*

*Chicken Picatta  
with lemon butter sauce*

*Both served with herb-roasted baby potatoes  
and seasonal vegetables*

### *Dessert*

*Chocolate Mousse  
with espresso crème and cookie crumble*

*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



# Sonnenhof

B I S T R O

## L U N C H M E N U

**Wednesday, 8 May**


*Grilled Chimichurri Chicken*  
*with Mediterranean couscous salad*

**Friday, 10 May**

*Fish and Chips*  
*grilled or deep fried hake served with*  
*chips and tartar sauce*

**R70pp**

*(includes a glass of wine)*



**Bookings close the day before the meal at 14h00**  
**Book at Reception or on ext. 3200**





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



# THE HISTORY OF THE LAST LEOPARD OF HOUT BAY



## THE BRONZE LEOPARD OF HOUT BAY

Have you spotted the infamous bronze leopard of Hout Bay while taking a drive along Chapman's Peak Drive? If not, you should definitely add it to your Cape Town bucket-list. For many, the bronze leopard statue overlooking the coastal fishing town of Hout Bay is both a monumental and mysterious feature. Located down by the water's edge, this iconic landmark sits proudly atop an elongated rock, isolated among many smaller boulders. While the renowned bronze leopard of Hout Bay has become one of Cape Town's most beloved sculptures, behind it is a story of great significance that many locals and tourists might not be familiar with.

### HISTORY BEHIND THE BRONZE LEOPARD

The bronze leopard of Hout Bay was sculptured by Ivan Mitford-Barberton, who, after creating it, donated it to the Hout Bay community. Completed in 1963, weighing in at 295 kgs, the statue was placed on its rocky pedestal on the 14th of March 1963 by the Divisional Council. The project was supported by Pepsi-Cola who donated the bronze for the statue. Although many may have spotted it before, some might be wondering what this beautiful lone sculpture signifies – The bronze leopard sculpture is a memorial dedicated to all the wild animals that once called the area home and freely roamed the mountains of the peninsula.

The beautiful Cape Peninsula was once home to an abundance of wildlife that freely roamed its natural landscapes and mountainsides.

As Cape Town became more and more populated and developed, the population of Cape wildlife progressively diminished. This eventually led to nature receding, and the Cape's magnificent wild animals, that once roamed free, migrating to less populated environments to establish a new natural habitat for themselves free from human interference. This completely changed Cape Town's natural landscapes. According to the Hout Bay Museum, the last leopard spotted in Hout Bay was seen on Little Lion's Head in 1937.

Locals and tourists visiting Cape Town have the incredible opportunity to spot the last leopard of Hout Bay by taking a drive along one of the most magnificent coastal drives in the world, Chapman's Peak Drive. As a symbolic reminder, the famed bronze leopard's gaze overlooks the mountainside where it's kind once roamed free and will forever live on in history as the only leopard left in Hout Bay.

Many people who pay this beloved Hout Bay landmark a visit will notice that its colour appears more blue than bronze. Over the years, the bronze colour has turned blue because of the oxidation of bronze in the salty breeze of Hout Bay.

### LEOPARDS & WILDLIFE IN THE WESTERN CAPE

Although their territory was far larger decades ago, leopards and other wildlife still roam freely in many mountainous regions of the Western Cape.

Leopards in the Cape mountains are notoriously elusive and shy away from humans – hence them retreating into the less populated mountainous regions of the Cape. Leopards in the Western Cape can often be spotted on the mountain slopes above Boland and Overstrand towns like Paarl, Stellenbosch, Grabouw, Gordon's Bay and Kleinmond. When there is less human activity, it is not at all uncommon to see leopards venturing further down the mountain slopes. Giving some lucky locals and travellers the amazing opportunity to spot these majestic wild creatures in their natural habitat.

Leopards are territorial and will constantly look for new opportunities to extend their individual home ranges. They are also inquisitive and like to investigate new areas, especially younger cats that do not yet hold a territory of their own. However, the opportunity to spot these incredible wild animals is getting drastically less. This is not only due to the expanding physical presence of humans, but also our cacophony of sounds (traffic, construction etc) and smells (exhaust fumes, processing plants etc), which collectively act as a powerful deterrent to most wildlife. This ultimately drives them higher up the slopes, far away from any humans.



## WHERE ARE THE CAPE LEOPARDS NOW?

The Cape leopards stick to the more remote and rocky hilltops and less populated mountainous regions of the Western Cape. They thus steer clear of the inhabited valleys and populated natural landscapes of the Cape – further reducing chance encounters with these felines.

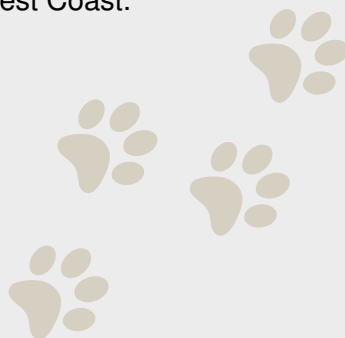
Beside the aforementioned locations, the Cederberg region in the Western Cape is one of the main pockets where Cape leopards are still found, with only about 35 adults left. That puts the numbers at about one leopard per 120km<sup>2</sup> over an area of about 3000km<sup>2</sup>. Through the great work and incredible tracking efforts of the Cape Leopard Trust, over 50 Cape leopards have also been recorded in the Boland Mountains, in a core area of 3000km<sup>2</sup> consisting of nature reserves, game farms and private land.

Another incredible organisation, The Landmark Foundation, which is aimed at conserving leopards of the Cape by working with various landowners, farmers and nature reserves has done some remarkable work in the conservation of these magnificent wild animals.

The Landmark Foundation has responded to cases where leopards need to be rescued, rehabilitated, and released, as well as researching leopards found on private land (farms and wilderness areas).

The Landmark Foundation's projects show that a few leopards are still to be found in

the Cape Winelands and Overberg region of the Western Cape. They have also recorded the presence of leopards in the Outeniqua Mountains on the Garden Route as well as the Zuurberg Mountains in the Eastern Cape and in parts of the Karoo. Lone leopards have been spotted from time to time in unlikely places like on Wine Farms in Somerset West and on the Cape West Coast.



ARTICLE BY:  
CAPETOWNETC

## WHAT IS BEING DONE TO CONSERVE THE CAPE LEOPARDS?

Both the Cape Leopard Trust and the Landmark Foundation work with farmers to find sustainable solutions that address livestock losses through predation by leopards and other wild predators. Getting private landowners on board, shifting

attitudes, and changing responses to locally occurring leopards are key factors in saving the remaining leopards. Both the leopard trust and non-profit organisation are involved in leopard research, collaring and tracking leopards as part of their efforts to understand and manage leopard populations.

These conservation organisations also run educational programs to create awareness of the Cape leopard and its plight. Both organisations champion leopard conservation through policy change, range expansion and human-wildlife conflict management.



# Balcony Besties

As the sun sets, enjoy the colourful evening sky from a balcony adorned with potted poppies and petunias. They offer year-round charm and vibrance.

## POPPIES & PETUNIAS

As the sun sets to welcome the evening sky in all its colourful glory, sit back and relax on the balcony with some potted poppies and petunias for company. These lovelies are the perfect choice for all-year-round charm and vibrance. Here is a guide on how to successfully grow and care for your new patio and balcony besties.

### Cute petunias in containers

Petunias are available in a range of colours, each as bright as the next. Position them in a mostly sunny spot and ensure they are never completely dry. Perform the finger test to see when to water petunias as you would rather want to underwater than overwater these babes.

#### Soil:

Petunias require well-draining, aerated and slightly acidic soil. Potting soil mix works well, especially if you combine it with a little peat moss to lower pH levels.

#### Fertiliser:

These ladies love lots of food. Most potting mixes have the right amount of nutrients but to be sure, use a slow-release fertiliser like All Purpose after planting. Alternatively, compost will give Petunias the feeding they need, just remember to make sure it doesn't interfere with the soil's drainage abilities.

#### Deadheading:

This encourages plants to direct their energy into creating more flowers, rather than wasting it on already fading blooms. Deadheading also keeps your plant looking neat and tidy. Simply remove flowers that are beyond their prime by pinching them off from just below their base.

### PERFECTING POTTED POPPIES

Poppies are a timeless classic. They might not be the easiest flower to grow but their vibrant colour and sweetness is certainly worth the extra care. Poppy varieties that grow well in pots include oriental poppies, Iceland poppies, California poppies, and Shirley poppies. Iceland poppies (*Papaver nudicaule*) provide an incredible, colourful show during winter.

#### Planting:

Poppies dislike being transplanted. As such, we recommend purchasing poppy seedling trays along with a little booster food to help with the transplant shock. You can get all these from your GCA Garden Centre. Place containers in a full sun position and be sure to water the seedlings gently as they have very delicate roots. Once in flower, poppies need to be deadheaded to increase the number of blooms.

#### Soil:

Poppies enjoy a neutral to slightly acidic pH. They require excellent drainage but rich soil. A loamy, well-draining potting mix will be perfect.

#### Water:

Poppies enjoy minimal water during and before their flowering season. They can be watered every day but ensure not to overwater each time you do. When they're about to flower, and throughout their flowering period, water moderately, maintaining excellent drainage.

#### Fertiliser:

Fertiliser should only be applied during the growing season. It is best to apply a slow-release fertiliser like All Purpose when you first plant them. If you didn't, a balanced feed of Bio Ocean every two – four weeks will provide potted Poppies with the nutrients they need.

#### Pests:

Be on the lookout for aphids and water regularly to avoid red spider mite damage. Ensure you choose a good-quality potting mix to avoid root rot.



# Cape Town named one of world's best cities for coffee

AN INFLUENTIAL US MAGAZINE HAS PUT THE MOTHER CITY IN THE SPOTLIGHT FOR ITS VIBRANT CAFÉ CULTURE... AND THESE TWO FAVOURITES SCORED A SPECIAL MENTION!

Flat white or cortado? Macchiato or espresso? Perhaps just a plain old Americano?

And while any local will no doubt have their favourite, um, local for grabbing a latte, Cape Town's chops as one of the world's leading cities for coffee culture has been given the stamp of approval by none other than respected US culinary magazine Food & Wine.

The influential mag recently released its authoritative list of the top 10 cities for coffee in 2024, and – are we surprised? – Cape Town cracks the list!

The top-10 ranking forms part of their Global Tastemakers program, which celebrates the best culinary destinations in the United States and abroad, with more than 180 food experts casting their votes on everything from bars and hotels, to airlines, cruises and – of course – coffee.

Copenhagen came out on top in this year's list, with Tokyo and Sydney coming in at #2 and #3 respectively.

Cape Town came grinding in at #9, comfortably beating out fellow Antipodean mocha hotspot, Melbourne. In the Mother City both Truth.Coffee and Deluxe bagged a special mention, and rightly so, but they are just the gateway to a city packed full of great roasters and baristas.

ARTICLE BY:  
TIMEOUT.COM



Origin, Rosetta and Espresso Lab all deserve a visit, as does Nøsh at the Time Out Market Cape Town. Created by Origin co-founder Joel Singer, Nøsh Café offers a unique coffee experience, brewing up three of the city's finest artisan roasters – Origin, Truth and Tribe – in a single location.

Want to take a deep dive into the world of Cape Town coffee? Check out our list of the best coffee shops in Cape Town.

Also, a shout out to Food & Wine for including Kigali as their 'Plus One', shining a light on a city that is home to a vibrant foodie scene as well as being within striking distance of lush coffee plantations.

## NEED A CUPPA JOE? LOOK NO FURTHER FOR THE BEST COFFEE SHOPS IN CAPE TOWN.

### 1. TRUTH COFFEE ROASTING

Regularly ranked amongst the world's best coffee shops, Truth Coffee Roasting is far more than any old place to grab a cuppa. It is, rather, a cathedral to coffee; a hallowed hall to bow before the bean. Interior designer Haldane

Martin has transformed a century-old warehouse into a steampunk fantasyland of leather-clad bar counters and pressed-tin ceiling panels. Be sure to pay your respects to 'The Colossus' (a 1947 Probat coffee roaster run entirely on bio-diesel) and 'Professor Jones' Fabulous Coffee Bean Contraption', a huge blender that takes pride of place and blends much of the beans roasted on-site. There's an extensive coffee menu – be warned, asking for sugar is frowned upon – but you'll also find superb pastries and a menu of light meals.







## 2. Origin

The OG pioneer of craft coffee in the Mother City continues to impress. Housed in a charming warehouse-style café space in the cosmopolitan De Waterkant precinct, Origin offers a bewildering array of beans and a choice of brewing methods. Always wanted to try a Kenyan Riakiberu hand-poured through a Hario V60? Well, you've come to the right place. There's a solid daytime café menu of light meals on offer too, from hearty sandwiches and a brilliant brunch shakshuka to bahn mi and burgers.

## 3. Rosetta Roastery

Most locals know this acclaimed roastery from its flagship café in the city centre, but travellers exploring the waterfront Silo District can also tap into their micro-roasted small-batch beans. Hidden inside pan-Asian restaurant The Yard is a tiny outpost of Rosetta Roastery that brews up a variety of single-origin coffees. It's opposite the remarkable Zeitz Museum of Contemporary African Art, a must-visit in the city.

## 4. Espresso Lab Microroasters

If you like your macchiato with a side order of coffee geekery, then Espresso Lab is for you. Located in Woodstock's design-driven Old Biscuit Mill complex, the apron-clad coffee crew here is

fixated on meticulously roasting small batches of carefully sourced beans. A globetrotting menu offers a taste of the coffee-growing world, while the stark white store is deliciously trendy – so much so that when the popular Saturday morning market is on you'll have to join a queue. But it's worth the wait, especially if you can bag a table in the sheltered courtyard.

## 5. Deluxe

Ever since Carl Wessel and Judd Nicolay began roasting coffee beans in 2009, Deluxe has become synonymous with some of the best-value, high-quality beans in Cape Town.

Little wonder you'll find the coffeeworks' beans everywhere from suburban homes to fine-dining restaurants. Today Deluxe has five coffee shops across Cape Town – and one in Stellenbosch – selling roasted beans and brewed coffee, but the tiny Church Street location is the original, and the most charming.

## 6. The House of Machines

There's motorbikes. There's booze. There's coffee. Honestly? It's hard to put The House of Machines into any sort of box. And even if you tried, the no-nonsense barkeeps would likely tear it into pieces anyway. THoM brims with character and charm and has no shortage of attitude, but follow the motto emblazoned on the front windows – 'don't be a dick' – and you'll be just fine. Their house negronis are legendary, but in the daytime, this Church Street café does a mean flat white, with counter seating to sit and watch the world walk by.

Click [HERE](#) for the complete list of top coffee shops in Cape Town.

