

# "What's Happening"

# BERGVLIET



*"Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."*

*~ Lao Tzu ~*

Dear Residents,

I hope you're all well and that you survived our first taste of winter this past week.

On Monday we officially welcome Servest into the village as our new catering service provider.

In last week's newsletter you would have seen the first Social Dinner menu advertised; thank you for the positive response - we head into another week with a fully booked dinner.

Before that however we kick the week off with a new Daily Lunch option, available Monday to Friday. The daily offering will include a small a la Carte menu that will now also include an "all day breakfast".

More details about accounts and payments will be shared next week.

In this week's newsletter we look at which herbs will enhance all those delicious winter meals you'll soon be making and still on a food note, and for those who remember the opening of very first Spur in 1967, the Golden Spur is back, better than before and now with a specially curated wine cellar.

We celebrate some more proudly Western Cape and South African accomplishments in two boozy articles. A local beer was voted the best beer in Africa and not stopping there, we took the Best Brandy award in the world too.

Cape Town is on a roll and you can also read more about five new forests which have sprung up in and around the city.

Wishing you all a great weekend!

Regards,  
Riaan and the Evergreen Team

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# WEEKLY ACTIVITIES

<b>MON</b> 3 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 4 JUN		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 5 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		
<b>THUR</b> 6 JUN	 CLINIC SR SHARON ADAMS	12h00 BISTRO LUNCH	14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 7 JUN		12h00 BISTRO LUNCH	14h30 CLUBHOUSE FINANCIAL WELLNESS TALK	19h00 CLUBHOUSE THE ROADSINGER
<b>SAT</b> 8 JUN	10h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 9 JUN		CLUBHOUSE LAWN BOULE		

## BIRTHDAYS

4 JUN GILL COOPER – H10  
 5 JUN LYN LAW – H38  
 6 JUN JULIE PHILLIPS – H56  
 13 JUN JENNIFER ERSKINE – H7  
 14 JUN LIDDY CUMMINS – H20  
 15 JUN FELICITY WALKER – H42  
 18 JUN PETA NOBLE – H72  
 21 JUN ANNE LAWTON – H51  
 27 JUN JANINE FULLER – A2  
 28 JUN ELNOR LEACH – H19  
 29 JUN GAVIN MORRISON – A101



## ANNIVERSARIES

3 JUN  
 STUART & JENNY FISHER – A1  
  
 15 JUN  
 IAN & LINDA WELSH – A11  
  
 28 JUN  
 CHRIS & JILL HINDE – H15





# Sonnenhof

## DINNER MENU

### 11 JUNE

*Freshly baked bread rolls served with herbed butter*

### **Main Course**

#### *Grilled Matured Beef Medallion*

*on a potato au gratin, topped with a choice of  
pepper or mushroom sauce and served with  
grilled baby vegetables*

*Or*

#### *Chicken Cordon Bleu*

*chicken stuffed with sautéed mushroom, cream cheese and  
chives, wrapped in smokey bacon and then crumbed.  
Topped with your choice of cheese or mushroom sauce and  
served with potato au gratin and grilled baby vegetables*


### **Dessert**

#### *Cinnamon Spiced Pancake*

*filled with a berry compote topped with  
chantilly cream*

*Or*

#### *Cheese Board*



**Bookings close the day before the meal at 14h00**  
**Book at Reception or on ext. 3200 | R195pp**



# Sonnenhof

LUNCH MENU  
3-7 JUNE

## MONDAY

*Durban-style chicken biryani served with sambals*

## TUESDAY

*Slow-cooked beef casserole served with rice and seasonal vegetables*

## WEDNESDAY

*Cottage pie served with seasonal vegetables*

## THURSDAY


*Classic Bangers and Mash*

*pork bangers served with creamy mashed potato, gravy and sweet green peas*

## FRIDAY

*Crispy fried fish and chips served with tartar sauce and a side salad*

*(includes a glass of house wine or coffee)*



Bookings close the day before the meal at 14h00  
Book at Reception or on ext. 3200 | R80pp

# HOW TO MAKE IT EASY FOR YOUR HEIRS TO INHERIT

For the last three years, Kenny Meiring, a writer and financial wellness coach, has been penning a weekly column for the Daily Maverick newspaper, addressing readers' personal finance inquiries.

Realizing that many of these queries were from retirees, Kenny recognized the genuine necessity for retirees to receive financial information from an impartial source not driven by product sales.

Kenny has prepared a 45-minute presentation for all residents at no cost, on the following: Simplifying the inheritance process for your heirs and addressing the significant delays in estate finalization at the master's office. Kenny will provide insights on potential solutions like:

- How to transfer assets to your family without having to go through the master's office
- How to ensure that there is enough cash for your dependents to live on while the estate is being finalised
- How to pay the least amount of estate duty
- How to avoid nasty surprises if you have money offshore

Follow the links below for more information and some of Kenny's articles:

- [FINANCIAL WELLNESS COACH](#)
- [DAILY MAVERICK ARTICLES](#)



**DATE: FRIDAY, 7 JUNE 2024 | TIME: 14H30 | VENUE: EVERGREEN BERGVLIET CLUBHOUSE | RSVP AT RECEPTION OR ON EXT. 3200**

# LIVE PERFORMANCE



**THE ROADSINGER**

19H00

7TH  
JUN



**THIS EVENT IS OPEN TO ALL RESIDENTS AT NO COST.  
EVERYONE IS WELCOME TO BRING THEIR OWN DRINKS.**

**PLEASE BOOK AT RECEPTION OR ON EXT. 3200**



# Music Evening

19 JUNE | 19H00

## PROGRAMME

**BEETHOVEN  
SYMPHONY NO. 9  
THE CHORAL**

**CHICAGO SYMPHONY  
ORCHESTRA**

**CONDUCTOR RICCARDO MUTI**

RSVP AT RECEPTION OR ON EXT. 3200

# TOP 8 HERBS TO ENHANCE HEARTY WINTER MEALS

It's getting rather chilly and if you talk to any winter person (something I am not) they will tell you that one of the main things they love about winter is the warm, hearty dishes that come with the colder weather.

Here is a roundup of herbs to grow that will come in handy for soups and stews this winter:

## ROSEMARY

Rosemary is such an all-rounder herb. It's woody and pine-like, making it a great addition for soups, stews, roasted veggies, chicken and meats. It's also great to add rosemary to potatoes or simply for baked bread for that extra flair.

## THYME

Thyme is earthy and has a slight hint of mint, without it being too overpowering. This versatile herb is perfect for stews, soups, roasts, chicken and veggie dishes too. Thyme has a unique way of adding depth to casseroles, and quiche and is a great addition to pie stuffings.

## SAGE

This one is not for everyone, but I love to add sage to some of my dishes. It is strong and slightly peppery, and maybe even a little bitter, depending on how much you add and how you cook it. However, it works well in stuffing or as an accompaniment to fatty meats, like pork, for instance. If pairing it with veggies, sage works well with root veggies and brown butter sauces.

## BAY LEAVES

Contrary to sage, which can be quite strong, bay leaves are such a backgrounding herb. It is subtle in flavour, with hints of floral and herby notes. It is perfect for soups, stews, curries and even braised dishes. It is perfect for slow-cooked dishes as it is so light in flavour, but it adds a dimension that will enhance the overall flavour of the dish.

## OREGANO

Oregano is slightly bitter and robust but works well with tomato-based saucy meals, like spaghetti bolognese, and lasagne. Oregano is commonly used in Mediterranean and Mexican dishes, but also pairs well with meat and other tomato-based stews, like our delicious South African tomato bredie.

## PARSLEY

Parsley is definitely one of my favourites as it is so fresh and slightly peppery. It gives any dish a fresh note and you can add it to soups, stews, frikkadels and you can even add it to garnish certain dishes or as an addition to your onion-tomato sambal to top off your curries.

## CHIVES

Chives are onion-like, which is why it could be used as a great base ingredient of a hearty meal, like soup, stew or many other creamy dishes. Chives are a great way to introduce a fresh note to a winter meal.

## DHANIA (OR CORIANDER)

The dividing herb, as I like to call it, as you either love coriander or hate it. I love the spicy, warm, almost citrusy flavours it adds to dishes. It adds depth to soups and stews and is the perfect addition to a spicy, hearty curry. It could also be used to roast meat, veggies and even as a marinating rub. Cilantro is the perfect addition to lamb dishes and coriander seeds are great for ham dishes.





# GOLDEN SPUR REOPENS: A NOSTALGIC JOURNEY INTO TOMORROW

As South Africa's beloved Spur Steak Ranches reopens its historic Golden Spur in a new location, it's not just a reopening; it's a journey back to childhood, a celebration of joy, and a promise of new memories yet to be made.

For many of us, Spur wasn't just a restaurant; it was a cornerstone of our childhood, a place where birthdays were celebrated with sparklers on 'Chico the Clown' ice creams, and where the echoes of "Happy Birthday" from Spur staff resonated around booth-style tables. Now, with its new and improved revamp, the Golden Spur welcomes us back with open arms, reminding us that some things never change, even as they evolve.

Step inside, and you'll find yourself enveloped in a refreshed atmosphere that still retains the charm and warmth of the Spur we all know and love. The stunning stained-glass light features pay homage to the iconic salad bar of yesteryears, while the original Spur colours evoke a sense of nostalgia that's as comforting as digging into Spur's signature onion rings drenched in pink sauce.

But it's not just about nostalgia; it's about celebration. Spur has always been the place to come, whether to celebrate a big occasion or simply revel in the joy of everyday moments. With different dining spaces and nooks catering to various needs, from budget-friendly breakfasts to cosy work-from-home spots to productive student lunches to vibrant family gatherings, Spur ensures there's a place for everyone at the table.

The food is all the same comforting favourites we've all grown to love, from sizzling steaks to mouthwatering burgers, ribs and schnitzels. But Spur isn't just about meat; it's about inclusivity too. With extensive plant-based options on the menu, everyone can find something to enjoy, whether they're vegetarian, vegan, or simply looking to try something new!

And let's not forget the little ones. At the heart of any Spur experience is its child-friendly environment, and the refurbished playroom, now adorned with a whimsical Adventure Mountain theme at the Golden Spur, brings the joy of nature right into the heart of any occasion.

While the kids play, parents can indulge in a selection from the extensive wine cellar, affectionately dubbed "mommy and daddy juice", because after all, grown-ups need their moments of joy too.

In reopening the Golden Spur, Spur Steak Ranches isn't just revitalising a restaurant; it's reigniting the flames of childhood wonder and celebrating the moments that make life truly special. So, whether you're reliving cherished memories or creating new ones, come join us at the Golden Spur, where joy is always on the menu.

**GOLDEN SPUR**  
Shop 23, Riverside Mall, Main Road,  
Rondebosch



ARTICLE: FOOD24



## THE BEST BEER IN AFRICA HAS BEEN ANNOUNCED: AND IT'S MADE HERE IN SA

**News just in: Soul Barrel Brewery, located between Stellenbosch and Paarl in the Cape Winelands, has clinched the prestigious title of producing the finest beer in Africa. The microbrewery, renowned for its barrel-aged beers and use of indigenous South African ingredients, secured the top spot in the 2024 African Beer Cup. Notably, this marks the second time Soul Barrel has achieved this remarkable feat, having previously claimed victory in 2022.**

At the heart of Soul Barrel's triumph stands their winning creation, Ale of Origin. This beer embodies the brewery's commitment to using locally sourced ingredients like native malt and wheat, hops sourced from the Western Cape, Simonsberg mountain water, and naturally occurring wild yeast carried by the winds.

The beer went up against 270 other beers entered from 16 African countries where a team of experienced judges from around the world evaluated the beers over three days.

Founder and brewmaster of Soul Barrel, Nick Smith, explains that Ale of Origin was crafted using the time-honoured Belgian Lambic methods, employing raw wheat, aged hops, and spontaneous fermentation – a brewing technique unique to South Africa.

“Winning Best Beer in Africa is one of the most significant accomplishments a brewery can achieve in Africa,” says Nick. “The African Beer Cup is the most competitive, intense beer competition on the continent with some of the best judges in the world. Winning with a beer that features local yeast and grain is a major achievement for South African beer. We believe in South African agriculture and this is just the start of what we can accomplish with local ingredients.”

Lucy Corne, competition director and co-founder, says the evolving beer landscape across Africa is exciting, noting the introduction of new categories that celebrate traditional African brewing.

“In line with many other major competitions, we use the American Beer Judge Certification Program guidelines in our judging process.

However, the beer scene across Africa has developed beyond following global beer trends, and we're now setting some trends of our own. This year, to reflect what is happening in craft beer around the continent, we introduced a new category to showcase beers that are using traditional African brewing grains, including sorghum, millet and fonio.”

Romina Gaggero –Delicio, partner and financial manager of the African Beer Cup, anticipates an exciting future for Africa's craft beer industry, fuelled by innovation and quality.

We'll cheers to that!

ARTICLE BY:  
EATOUT.CO.ZA

# Green Shoots

## 5 new forests spring up in Cape Town

New urban pocket forests have sprouted around Cape Town in Langa, Mitchells Plain, Bo-Kaap, Pinelands and Philippi. They were planted using the Japanese Miyawaki afforestation technique, transforming vulnerable urban spaces into thriving green spaces that support biodiversity and ecosystem restoration.

Using the Miyawaki afforestation technique for cultivating fast-growing groves of native plants, with the dense, mixed planting intended to simulate the layers of a natural forest, Mzanzi Organics together with local primary schools has planted 800 indigenous trees and shrubs in 200 sq m of Langa, establishing the area's first forest.

Planting began in January and the Langalibalele Forest was completed in March — one of five newly planted SUGi pocket forests in Cape Town.

Aghmad Gamielien, the founder of Mzanzi Organics and a SUGi forest-maker, began planting these forests in vulnerable and densely populated areas after completing a fellowship in 2021 on the Miyawaki forest method with SUGi Pocket Forests — a non-profit organisation fostering biodiversity-building, ecosystem restoration and reestablishing nature connections in communities.

SUGi works with forest-makers like Gamielien to deliver these pocket forests across Africa, Asia, the Middle East, Europe and South America using the Miyawaki method, planting ultra-dense, biodiverse forests of native and indigenous species.

Key species in the Cape Town forests are assegai, yellowwood, milkwood, red alder and keurboom.

ARTICLE BY:  
IOL.CO.ZA.



### LANGALIBALELE FOREST

The field where the Langalibalele Forest was planted was a dump site before the forest was established. “When we were cleaning using the machines, there were heaps of mountains from years and years of illegal dumping,” Gamielien said.

It's named the Langalibalele Forest in honour of the Hlubi king Langalibalele, who was imprisoned on Robben Island for leading a rebellion against the British and Dutch colonial authorities of the Natal Government in the late 1870s. Langalibalele directly translates to “The blazing sun”.

“When he left Robben Island he was sent to this land, now known as Langa. So this is in his honour and remembrance, and to foster positive African history which is left out of our history books,” Gamielien said.

The forest has been used for community engagements, as an outdoor classroom for a school and it's a place where musicians make music with the learners.

When Daily Maverick visited the Langalibalele Forest, learners from Siyabulela Primary School were singing along with musician Sibusile Xaba while he played his guitar.

Sithembele Khamsholo, the principal of Siyabulela Primary School, said: “We appreciated the idea of having a forest here because it will help the kids with learning because it's where they can attend their Natural Science classes and see the different species and trees without having to spend money on going to see the fynbos at Kirstenbosch and Robben Island. Now they have their own spaces.

“We did have a problem with the community in the beginning because there were children that used to play soccer near where the forest was planted. When the forest was planted they were stealing some of the sprinklers but we managed to speak to them and now they understand the benefit of the forest to the school and to the community,” Khamsholo said.

“The forest will help to bring fresh air and other health benefits,” he said.

Khamsholo was hopeful that the forest would also attract tourists to Langa.

Langa resident Siphenathi Hesewu has worked at Siyabulela Primary School as a caretaker since 2015 and one of his duties is to take care of the forest.

“The trees are growing a lot... Last year, Aghmad and his colleagues came to us with the project... The project started in January this year, when we started ploughing and then we finished planting in March... Now there are 800 trees... The community even came in after school to plant and sit with the children,” Hesewu said.

Amanda Sipika, a Grade 6 teacher at the school, said: “During the classes for Natural Sciences, they use the forest as they get taught about the different types of plants, the importance of plants, planting and photosynthesis. For mathematics classes we also go there to explore and learn, we count petals, we count the trees and they ask more questions.

“Over time, learners can become bored staying in classrooms, so it helps when we go outside with our lessons and books... Those learners who don’t behave in class, but enjoy their time outside because there they become themselves and enriched because they learn different skills. They relate very well with the outside world,” Sipika said.

“This is my first time seeing this green space in Langa. The open fields are being dumped. At the back of our field, we noticed that people drop dirt around our school but now there are changes, they aren’t dumping there any more. It’s a clean site and useful for everyone.”

### **Urban pocket forests around Cape Town.**

The first urban pocket forest in Cape Town was the pilot forest in Philippi, on the KT Grows organic farm, which is now two years and five months old. The second forest is one of the bigger ones, the Khoi First Nations Forest, at the Oude Molen Eco Village in Pinelands. It comprises 600 trees on 200 sq m and is on its way to being self-sustainable.

“After two years, the forest takes care of itself. We only mulch and water in the first two years and do weeding. After this, the forest takes care of itself just like a natural forest. No one is giving it water and no one is mulching it. So after two years ... the forests are self-sustainable,” Gamieldien said.



After the Khoi First Nations Forest, the Cape Flats forest was planted in partnership with the Seed Abundance community at Rocklands Primary in Mitchells Plain. It comprises 1,200 indigenous trees and shrubs in 300 sq m and an outdoor classroom teaching space.

Then the Schotche Kloof Forest was planted at Schotche Kloof Primary School in Bo-Kaap. This is one of the smaller forests, with 100 trees in 25 sq m.

“The school has become so activated around the forest, they take such pride in upkeep and looking after the forest, and they’ve also been involved, from the digging, to the planting, to the maintenance,” Gamieldien said.

“That’s a very important element for us, activating communities, getting them involved and letting them take ownership of the forest because we take a step back after planting. We do check in with the communities, but it’s really theirs. It’s their forest, we are here for support.

### **The challenge of finding land**

“It’s been hard to access government land in Cape Town. So partnering with schools is very important because we have faced that challenge trying to access a small piece of land.

One department tells you [to contact] the next department, to the next department, and then six months later we’re in the same boat... That’s why we work with school communities, that has been much more efficient for us.”

The project hinges on support from communities and their ongoing ownership of and involvement in the forests, but getting their buy-in has been difficult at times.

“In Mitchells Plain, we left about 15 [water] drums, 20-litre drums, all around the forest in case of emergency or drought, so that water was on hand. After a few weeks, all those drums were gone from the property,

“So sometimes we had problems with theft and stealing. But because we have a bigger project in mind, we do not let things like that hold us back. Of course, it’s demotivating for a while,” Gamieldien said.

Another challenge, in the beginning, was transferring the maintenance of such big projects to a school and then taking a step back.

“What happens is the maintenance of the watering, weeding, and mulching can be a bit overwhelming. It feels like we are burdening the school, they are struggling to maintain it because it’s so big and they don’t have time or capacity,” Gamieldien said.



The team set up sprinkler systems that made it easier to water the forests.

The agreement with the schools once they were onboard and the financial support was secured, was that the trees could not be cut down for a minimum of 20 years.

The pocket forests have environmental, social and economic benefits.

They can help improve immunity via positive microbial interactions; filter airborne pollutants through their dense canopies; improve the physical and mental wellbeing of communities; help cool temperatures; mitigate flooding by absorbing stormwater; capture CO<sub>2</sub> and emit oxygen; and create a haven for bees and pollinators.

### The Miyawaki forest planting method

Gamieldien explained that the method was developed in Japan by the botanist and ecologist Akira Miyawaki in the 1970s.

Miyawaki noticed after World War 2 how rapidly industrialisation was taking place in Japan and developed

the method to restore forests and habitats for wildlife that were disappearing at a rapid rate.

Before making the pocket forests, Gamieldien spent time in Cape Town's Skeleton Gorge, Nursery Ravine, Cecilia Forest, Echo Valley and Spes Bona Valley.

"They are the untouched forests in Cape Town. I went to study and observe these forests to see what is growing and noting down all the species. Then with that species list, I consulted books, paintings, and literature to see what the indigenous species are.

"This is because what we're trying to do with the Miyawaki method is replicate what is found in natural space. With those natural species, we plant three to five trees and shrubs per square metre. That's what makes this methodology so unconventional.

"Usually, people are taught to plant a metre or a few metres apart but in the natural forest, this is how they are found. Forests are dense and lush, you can't usually walk through them. So we're trying to mimic that to the best of our ability."

Gamieldien said SUGi pocket forests were 30 times denser and 100 times more biodiverse than monoculture

plantations, and the trees grew 10 times faster. Because it grew so fast, Gamieldien said, after five years, the forest would look like it had always been there and after 10 years would look like an ancient forest.

"The biodiversity is coming back in all the areas that we planted because these trees attract very specific bees, butterflies and birds, not just to come and visit the forest but also to make a habitat, to lay eggs, to nurture the young, to visit frequently for food and so on," Gamieldien said.

"We cannot ignore our history, we cannot ignore the apartheid legacy of how our cities were planned and we cannot ignore the fact that our leafy suburbs in Cape Town are only leafy suburbs because someone planted trees there 100 years ago.

"So these trees were not planted in the Cape Flats in our townships. This project that we're doing is holistically looking at how we transform our townships into leafy suburbs. How do we create green spaces that are lacking?"

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[See more images here](#)

ARTICLE BY: DAILY MAVERICK

# South African brandy wins 'World's Best Wine Brandy' for the second consecutive year, expertly blended by a woman



Next time someone offers you a French cognac South Africans can proudly decline and declare that we have the best cognac in the world!

At the 2024 World Drinks Awards South Africa's Van Ryn's 15-Year-Old Potstill Brandy was awarded 'World's Best Wine Brandy', for the second consecutive year, beating fierce competition from France, Spain, Australia.

This is the 4th time within 5 years that Van Ryn's brandy has been awarded this title.

Wine Brandy is made from distilled wine and matured in French Oak Barrels. Potstill brandy is made in the same specialised production methods used for the production of Cognac – the name Cognac, however, is reserved only for brandies made in southwest France.

Each year, the World Drinks Awards celebrates the very best in the global drinks industry, including the World Brandy Awards category by a blind tasting and scoring of the brandies according to nose, palate and finish, balance, character, complexity, and overall quality.

The panel of international judges praised Van Ryn's 15-Year-Old Potstill Brandy as "A graceful liquid with notes of liquorice and toffee and the thick creaminess of clotted cream. Stone fruit on the palate, as well as a drizzle of golden syrup and some residual tannic fruit."

Master Blender, Marlene Bester says achieving the World's Best title twice in a row for the Van Ryn's 15-Year-Old Postill Brandy is a highlight for the team.

"Year-on-year our brandies receive the world's best accolades, showcasing our commitment to innovation, quality and the art of crafting exceptional brandy, building on our reputation as one of the world's leading fine brandy houses."

Bester says that they allow for several years of maturation to develop their complex layers of flavours. They lose approximately 3% of volume per year to the Angel's Share, however, the result is an incredibly smooth brandy that rewards in character and quality."

Enjoying brandy is not a secret, although master blenders around the world always recommend aged brandies with a dash of water, on the rocks or in a cocktail.

