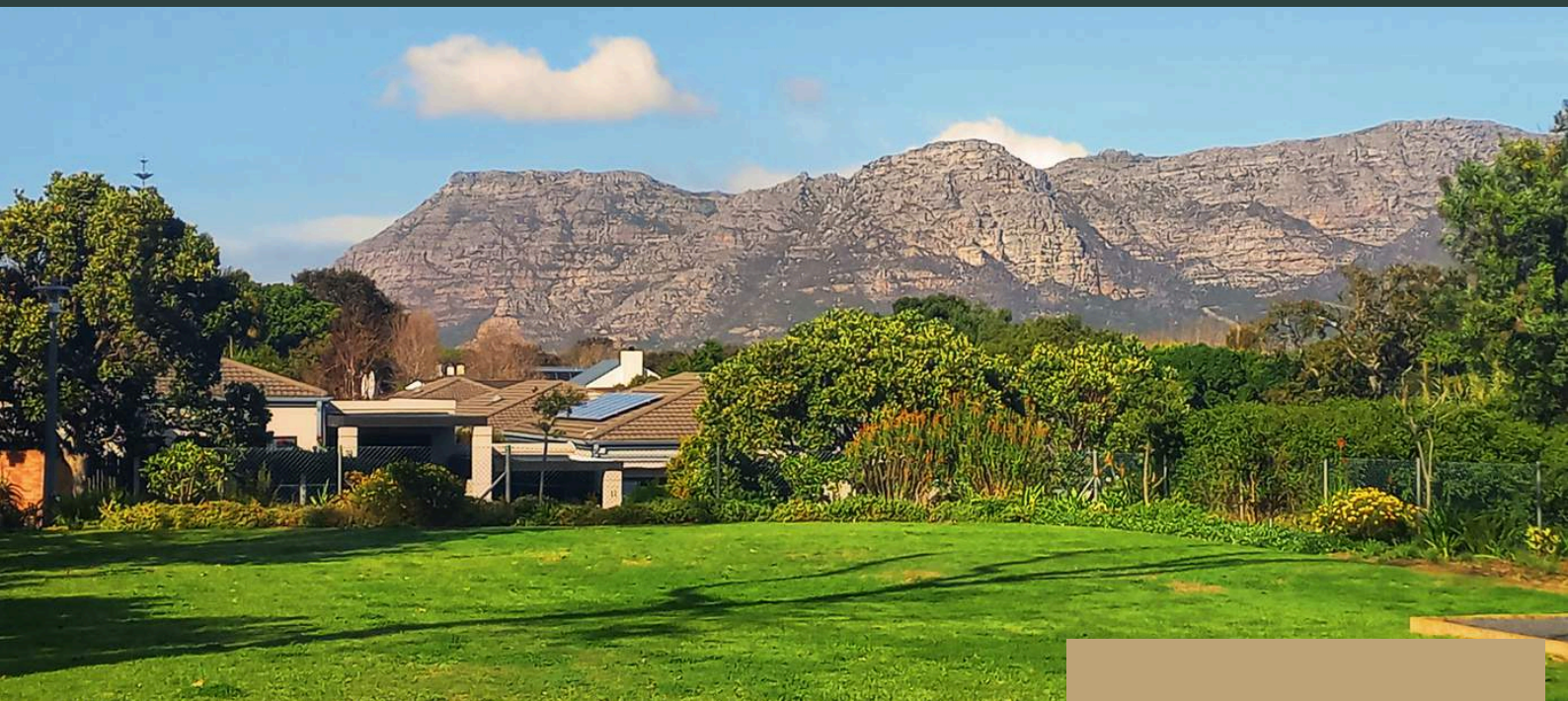


"What's Happening"

BERGVLIET



"It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection."

~ Elizabeth Gilbert, Eat Pray Love ~

Dear Residents,

I hope you're all well and that you are enjoying the sunny weather this weekend.

Thank you to everyone who attended The Roadsinger's performance last night and to the Social Committee for arranging it. It certainly looked like everyone enjoyed themselves, especially the ladies who tore up the dance floor with their moves!

On top of the great weather there is also loads to keep the sports enthusiasts occupied - exciting tennis finals from Roland Garros, and for the rugby fans, two South African teams (The Bulls and the Stormers) will be in action today in the URC quarter final matches.

If that isn't enough, there are also T20 Cricket World Cup games to add to your channel hopping. South Africa plays the Netherlands later today, but the two big matches of the weekend will definitely be the Australia vs England game (also today) and India vs Pakistan game tomorrow.

In this week's newsletter we head out into the garden and learn which plants you really shouldn't grow close to your tomato plants, and we look into whether sprouted potatoes are safe to eat or not.

If you're considering inviting friends over for dinner and aren't sure which wine will pair best with your delicious creations, Alvi's Drift has taken the guess work out out with their guide to food and wine pairings.

As we approach mid-year it also means the new Tax Season is about to begin so use our article to find out whether you need to file a return this year or not.

Wishing you all a great 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

GREEN FINGERS

10 Plants you should never grow
near your tomato plants

FACT OR FICTION

Can you eat sprouted potatoes?

BOTTOMS UP!

Alvi's Drift guide to food & wine
pairings

IT'S TAX TIME!

Find out if you need to file a tax
return or not

WEEKLY ACTIVITIES

| | | | | |
|-----------------------|----------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------|-------------------------------------|
| MON 10 JUN | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | 14h30 CLUBHOUSE CANASTA | |
| TUE 11 JUN | | 12h00 BISTRO LUNCH | 14h00 CLUBHOUSE SCRABBLE | 18h00 CLUBHOUSE SOCIAL DINNER |
| WED 12 JUN | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | | |
| THUR 13 JUN |  CLINIC SR SHARON ADAMS | 12h00 BISTRO LUNCH | 14h00 CLUBHOUSE ART CLASSES | 18h00 CLUBHOUSE SWIGS DINNER |
| FRI 14 JUN | | 12h00 BISTRO LUNCH | | |
| SAT 15 JUN | 10h00 CLUBHOUSE LAWN BOULE | | | |
| SUN 16 JUN | | CLUBHOUSE LAWN BOULE | | |

BIRTHDAYS

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

15 JUN
IAN & LINDA WELSH – A11

28 JUN
CHRIS & JILL HINDE – H15





Sonnenhof

DINNER MENU

18 JUNE

Freshly baked bread rolls served with butter

Main Course

Grilled Dorado

*on creamy mashed potatoes topped with a pineapple, peppadew and olive salsa
served with a lemon butter sauce and grilled baby vegetables*

Or

Slow Cooked Oxtail

*with butter beans served with creamy mashed potatoes and
grilled baby vegetables*

Dessert


Traditional Malva Pudding

served with homemade custard

Or

Cheese Plate

with Crackers and Dried Fruit



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



Sonnenhof

LUNCH MENU

10-14 JUNE

MONDAY

*Pork schnitzel with cheese sauce, potato wedges
and seasonal vegetables*

TUESDAY

*Moroccan roast chicken with gravy, cumin rice
and seasonal vegetables*

WEDNESDAY

Cheesy beef enchilada served with a side salad


THURSDAY

*Sweet chilli chicken skewers served with
crispy potato wedges and seasonal vegetables*

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



Sonnenhof

A L A C A R T E

BREAKFAST

Easy Peasy **R45**
Eggs (2), bacon rashers (2) with toast and preserves.

Simply Scrambled **R40**
3 Eggs Scrambled served on toast

English Breakfast **R65**
Eggs (2), bacon rashers (2), pork sausage, grilled tomato with toast and preserves.

Omelettes **R45**
3 Egg omelette with cheese and tomato with toast and preserves

Extras

- **Fried egg (1)** **R9**
- **Scrambled Egg (portion)** **R25**
- **Bacon** **R20**
- **Toast with butter** **R9**

TOASTED SANDWICHES

Served on your choice of white, brown or whole wheat bread with a side of fries.

| | |
|----------------------------------|------------|
| Cheese | R24 |
| Cheese & tomato | R26 |
| Ham & cheese | R30 |
| Ham, cheese & tomato | R35 |
| Chicken mayo | R30 |
| Chicken mayo & cheese | R33 |
| Bacon & cheese | R35 |
| Bacon & egg | R35 |
| Bacon, egg & cheese | R38 |

SWEET TREATS

A selection of cakes, tarts and other sweet treats. Enquire from your sever.

HOT BEVERAGES

Americano **R25**

Cappuccino **R25**

Caffe Latte **R25**

Espresso **R20**

Hot Chocolate **R30**

Tea **R20**

COLD BEVERAGES

Soft drinks **R19**

Liquifruit **R19**

Appletizer **R25**

Still Water **R15**





QUIZ NIGHT

20 JUNE | 18h00

Do you have what it takes to be the
ultimate Quiz Champion?
If so, then gather your quiz mates and join
us for an evening of friendly rivalry
at this month's Quiz Night!

R80PP INCLUDES A LIGHT MEAL | BRING YOUR 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



RESIDENT WALK

09H00 | FRIDAY, 28 JUNE

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



JOIN US FOR ANOTHER
MEMORABLE EVENING OF FINE
SPIRITS!

ON JULY 10TH, IN CELEBRATION OF
BASTILLE DAY, WE'LL TAKE A DELIGHTFUL
JOURNEY THROUGH FRANCE WHILE
SIPPING ON COGNAC AND COMPARING IT
TO TOP-NOTCH SOUTH AFRICAN BRANDIES
- ALL PAIRED WITH SOME DELECTABLE
"FROMAGE."

À TA SANTÉ | CHEERS

10 JULY 2024 AT 18H00 | TICKETS: R150PP
TASTING INCLUDES A SELECTION OF COGNAC, BRANDY
AND CHEESE

BOOK AT EVERGREEN BERGVLIET RECEPTION - 021 137 2690

10 Plants You Should Never Grow Next to Your Tomatoes

While tomatoes are a summer garden staple, the amount of fretting and fear involved in growing them may put them in the ranks of plants that can be challenging for even experienced gardeners. But there is no reason for backyard farmers to fear.

If you want to give your tomatoes a fighting chance, there are things you can do to give them a solid head start. Growing disease-resistant tomato varieties, getting enough sun, and regular watering are all good bedrock for growing healthy tomatoes, for instance.

But another critical step in ensuring your tomatoes have the best chance of growing happy and healthy is thinking not just about where you plant them but what you plant them next to. While certain companion plants for tomatoes help this plant thrive, other plants and vegetables should be planted elsewhere because they can inhibit healthy tomato growth.

Ahead, our experts explain which plants can actually hinder your tomato plant's growth if planted too close together in your garden.

Fennel

Allelopathic plants release toxins into the soil that inhibit the growth of other plants, in a sense eliminating their competition. An allelopathic plant like fennel can directly impact tomato growth, says Carrie Spoonemore, co-creator of Park Seed's From Seed to Spoon app, so she recommends gardeners not plant it near tomatoes.

Cabbage

Cabbage and other plants in the brassica family can compete with tomatoes for vital nutrients in the soil, say Spoonemore, thus robbing tomatoes of an ideal growing medium. In addition, cabbage also has a wide growing habit that can crowd tomato plants out.

Pole Beans

Avoid pole beans near your tomatoes—they can grow aggressively and end up shading your tomatoes too much. "While some companion planting guides suggest planting pole beans with tomatoes, there is a risk of competition for sunlight, water, and nutrients, especially if the beans grow vigorously and shade the tomato plants excessively," says Spoonemore.

Dill

Herbs are often ideal companion plants for tomatoes, but dill is the exception. Mature dill plants can harm tomato plants, taking soil nutrients for themselves and inhibiting tomato root growth.

Corn

Corn belongs to a group of vegetables that should not be planted close to tomatoes because, once grown and tall, they can shade tomatoes out and inhibit their growth.

Okra

Until you've grown okra, you might not expect the towering growth habit and lovely pale yellow hibiscus-like flowers this Southern vegetable produces. Planting okra next to tomatoes isn't encouraged because its leafy height could keep tomatoes from getting their required 6 to 8 hours of sun a day



Potatoes

Kelly Smith Trimble, a gardening expert and book author on the subject, recommends not planting potatoes near tomatoes. Potatoes are in the same Solanaceae (or nightshade) family as tomatoes, meaning that both plants are susceptible to the same pests and diseases.

Broccoli

Some vegetables, like broccoli, are known as "heavy feeders" in the garden world, meaning they require rich soil with plenty of nutrients to grow. For that reason, broccoli should not be planted close to tomatoes to ensure your tomatoes have the nutrients they need to thrive.

Cauliflower

Cauliflower attracts pests like cabbage worms and aphids that can also attack tomato plants. In addition, cauliflower is a heavy feeder that can sap the soil of vital nutrients.

Eggplant

Tomatoes and eggplants are in the same nightshade family, and as a result, eggplant will compete with tomatoes for nutrients. Eggplants can also spread blight, a fungal disease spread by insects, wind, water, and animals that is especially prevalent among potatoes and tomatoes. You will know if your tomatoes have been exposed to blight if you see browning, rotting fruit, and shriveled leaves on your plants.

THE AGE-OLD QUESTION: CAN YOU EAT SPROUTED POTATOES?



We've all been there: you reach into your vegetable basket, and instead of finding smooth, plump potatoes, you pull out spuds that look like they're trying to grow a forest. And you wonder to yourself, "Can I still eat these?"

Potatoes are a kitchen staple, the humble hero of countless dishes. But left to their own devices for too long, they start sprouting, leaving us with the perennial question: to eat or not to eat?

Picture this: it's a Sunday afternoon, and you've decided to make your famous roast tatties to accompany an equally famous roast dinner. But sadly, you discover your potatoes have sprouted! You feel a pang of nostalgia mixed with uncertainty... Are these sprouted spuds going to ruin your roast dinner or worse, make you sick?

It's a common dilemma, but don't worry – here's everything you need to know about sprouted potatoes!

CAN YOU EAT SPROUTED POTATOES?

The short answer is yes, but with caution. Sprouted potatoes are not inherently poisonous, but the sprouts and any green parts of the potato contain higher levels of

glycoalkaloids, specifically solanine and chaconine. These compounds can be toxic if consumed in large quantities and may cause symptoms like nausea, headaches, and digestive issues.

HOW TO SAFELY PREPARE SPROUTED POTATOES

If you decide to use sprouted potatoes, follow these steps to ensure they're safe to eat:

Remove the sprouts: Carefully snap or cut off the sprouts. They are the parts that contain the highest concentration of glycoalkaloids.

Check for green spots: Any green areas on the potato skin or flesh should be thoroughly cut away. The green colour indicates the presence of solanine.

Peel the potatoes: Peeling helps remove more of the glycoalkaloids, as they are most concentrated just under the skin.

Inspect the flesh: If the potato is wrinkled, shrivelled, or has a

significant amount of green or brown spots, it's best to discard it. Fresh, firm flesh is a sign that the potato is still good to eat.

WHEN TO LET GO

Not all sprouted potatoes are worth saving. If your potato is more sprout than spud, or if it's shrivelled and wrinkled like a prune, it's time to say goodbye.

Think of it like this: you wouldn't wear shoes that are falling apart, no matter how much you love them. Similarly, a potato that's past its prime won't do your recipes any justice.

If you see large green patches or signs of mould, don't hesitate – toss it. Your health and the integrity of your dish are more important than salvaging a potato that's seen better days!

ARTICLE BY:
FOOD24

Alvi's Drift Guide to Wine and Food Pairings

With wine and food pairings, there are so many aspects to consider. Read on as we explore some basics of the fascinating art of pairing wine with food.



Wine and food pairings can seem complicated, and, to the uninitiated, even somewhat intimidating. Yet, a good meal can be transformed into an unforgettable one, if the right wine is served alongside it.

If you've bought into the notion that wine and food pairing is all about serving white wine with white meat, and red wine with red meat, you can be forgiven, as this oversimplification is a very pervasive wine-and-food-pairing misconception.

However, in reality, pairing wine with food is a more intricate matter.

WINE AND FOOD PAIRINGS: WHY MATCHING WINE AND FOOD MATTERS

In recent years, the explosion of foodie culture has seen the art of wine and food pairing come into prominence. But why is serving the right wine with the right dish so crucial to creating an unforgettable culinary experience?

Serving food with wines that will complement its flavours is an important consideration, as, when incorrectly matched, certain foods can negatively impact a wine to the point of destroying its delicate and nuanced flavour balance – and vice versa.

If you are interested in developing your wine palate and want to learn more about the fascinating topic of wine and food pairing, do read on as we explore the basics of matching wine and food in our Alvi's Drift Guide to Wine and Food Pairings.

WINE AND FOOD PAIRING BASICS

"As a rule of thumb, you want to match the weight of your food with the weight of your wine. The heavier a dish is on your palate, the heavier should be the wine that accompanies it." – Junel van der Merwe, Wine Master and Alvi's Drift Brand Ambassador

So, what are the basics of the wine and food pairing process, and where precisely does one embark on this fascinating journey?

Here's a hint: the art of pairing wine with food entails complementing, balancing or contrasting the various flavour components of the dish and the wine. It is all about the balance between bitterness (tannins), fats, acidity, saltiness, sweetness and alcohol.

But first, let's explore the foundations of the art of wine and food pairing.

THE MAIN WINE AND FOOD PAIRING CONSIDERATIONS ARE...

1. Intensity of Flavour and Weight of the Wine

This is one of the most important aspects when it comes to creating a wine and food pairing match made in heaven.

It really is quite simple (and easy to remember) as a rule of thumb: Light, delicately flavoured wines will be easily overpowered by heavy, intensely flavoured dishes. By the same token, full-bodied, barrel-matured (wooded) wines will overpower a light dish with subtle flavours and delicate textures.

For example, rich, heavy dishes such as red meat casseroles ask for full-bodied wines, like a matured, wooded red wine. On the other hand, light, delicate dishes such as grilled linefish require an equally light, delicately flavoured white wine to complement and enhance its subtle flavours.

ARTICLE BY:
ALVISDRIFT.CO.ZA

2. Acidity: Keeping the Balance

When planning your menu, take some time to consider the level of acidity in your main dish (the one you will be serving your carefully paired wine with).

If you are serving a tangy dish (for example, a dish with a tomato-based or citrusy sauce), it will be complemented by an acidic wine, such as our new Alvi's Drift 221 Sauvignon Blanc. This type of wine and food pairing (where the wine and the food share the same dominant element) is known as a congruent pairing.

Wines that are high in tannins, such as heavier red wines, react with the proteins present in saliva, causing an astringent, bitter taste on the tongue. This can cause such wines to overpower light, low-fat meals (and even lend a metallic taste to oily fish dishes!).

Also keep in mind that acidity in food can linger on the palate, and this can overpower the tannins present in a wine, which can make certain red wines seem sweeter than they actually are.

3. Match the Wine with the Most Prominent Element in the Dish

"Match the wine with the sauce" is a phrase often uttered in sommelier circles. The reason for this is that a dish's dominant character often lies in its seasoning, sauce or cooking method, and not so much in its main ingredient.

Take these two chicken dishes, for example: Chicken Marsala, with its golden-fried surface and rich, dark-wine-and-mushroom sauce, will be perfectly matched with a supple and soft red wine like Pinot Noir. On the other hand, a creamy, lemon-poached chicken breast will really shine when served with a fresh, white wine such as Sauvignon Blanc.

4. Serve the Food (and Wine) That You Like

We feel that this is a rather crucial consideration – opting to serve a wine that you already like, instead of aiming to make a wine and food pairing in the hope of improving a type of wine that doesn't appeal to you.



If you follow this advice, drinking the wine you have chosen will still bring you joy. The same goes for the food you choose to serve. Think of it this way: if you detest spinach in any way, shape or form, there is no wine and food pairing in the world that will make it enjoyable to you.

"The very first step on the journey of understanding wine and food pairing, is gaining an understanding of the trigger points on your palate. A superb wine and food pairing will always create a balance between the dish's components and the wine's various characteristics," says Junel.

If you follow this advice, drinking the wine you have chosen will still bring you joy. The same goes for the food you choose to serve. Think of it this way: if you detest spinach in any way, shape or form, there is no wine and food pairing in the world that will make it enjoyable to you.

THE SIX BASIC FLAVOUR PROFILES

When pairing wine with food, there are six main flavour profiles to consider:

1. Acidic

When the acidity in a wine is well balanced with the acidity in a dish, it will make the dish it is served alongside

"pop" with freshness. Keep in mind that the acid levels in a wine should at least match the acid levels of the food it is paired with. Think of a deliciously fresh piece of linefish in a light, tangy, lemony sauce.

With its high acidity, this dish will pair perfectly with a wine that is also acidic. Cheese that has a high natural acidity, such as fresh goat's milk cheese, or chèvre, also pairs well with high-acid wines like a crisp, fresh Sauvignon Blanc.

2. Fatty

Keep in mind that fat, although it carries flavour in food, is not a flavour in itself.

Fat in foods can build up in the mouth and literally clog and cover your tastebuds. Tannins and acidity strip fat from the palate, lifting flavours and reducing the sensation of fat in the mouth, which makes red wine ideal for serving alongside rich, fatty foods.

Dishes that have a high fat content, such as dairy, or rich, red meats like a lamb or oxtail stew, require a wine with high tannins to contrast the richness and cut through the fat. Therefore, red wines such as Cabernet Sauvignon, Pinotage or Shiraz will pair perfectly with these rich, heavy dishes.

3. Bitter

Wines that have a high tannin content, such as red wines, tend to be on the bitter side, and are therefore excellently



matched with rich, fatty dishes, as well as sweet foods. Red wine and chocolate cake, anyone? When it comes to bitter foods such as Brussels sprouts, these are best paired with complementary wines, such as acidic Sauvignon Blanc, off-dry Riesling or Chardonnay.

4. Salty

Salty foods such as olives, oysters, anchovies, parmesan and feta pair well with wines that are high in acidity. Acidic white wines such as Sauvignon Blanc, as well as dry sparkling and Cap Classique wines, offer the ideal complement for foods and dishes with a high salt content. Think salty hot chips (French fries) and sparkling wine – a match made in wine-and-food-pairing heaven!

5. Sweet

As a rule of thumb, sweet foods and sweet wines are a good match, which makes chocolate cake and dessert wines a delectable combination. While sweet foods and acidic wines are not considered a good match, cakes, sweet confectioneries and dry sparkling wine also tend to go well together.

This is because of the high sugar content in sparkling or Cap Classique wines. Also remember, when a sweet wine is enjoyed with sweet foods, the wine should be less sweet than the food.

6. Alcohol

High-alcohol wines, such as full-bodied red wines, pair well with rich, red-meat dishes like slow-cooked lamb shanks, oxtail, as well as meat cooked in a sweet marinade or basting sauce, such as barbecue ribs. The meat's added sweetness will enhance the high alcohol wine's acidity, making it fresher on the palate.

As a rule of thumb, high-alcohol wines pair well with fatty foods, and are ideal for cutting through rich foods, or balancing out sweet dishes.

"Of course, there are a few foods that are almost impossible to pair with wine. They just don't go with any wine. Asparagus. Cauliflower. Green pepper. Egg yolk is tricky, too. Artificial, acidic salad dressings out of a bottle, and anything out of a tin leaves a zing on your teeth. It just clashes with wine," says Junel.

As a rule of thumb, high-alcohol wines pair well with fatty foods, and are ideal for cutting through rich foods, or balancing out sweet dishes.

UNUSUAL WINE AND FOOD PAIRINGS

What are some less-expected wine and food pairing combinations? Read on as we reveal a few surprisingly excellent wine and food pairings.

Sushi and Red Wine

"If you are having sushi, you need a light Signature Merlot, red wine like Alvi's Drift Signature Shiraz, or even a Pinot Noir to accompany it," says Junel. "Sushi asks for a wine that can take the weight of umami, the flavour profile of the soy sauce that you are dipping it in."

Fun Fact: Alvi's Drift Signature Viognier, often referred to as "a white wine for red wine lovers" also pairs well with sushi and sashimi. This is because of this multi-

award-winning wine's medium body and well-rounded mouthfeel, which is similar to that of a red wine.

Red Wine and Salad

When it comes to pairing red wine with salad, it all depends on the type of salad, of course. "Lettuce leaves are full of tannin," says Junel. "Chew on a lettuce leaf, and you will notice the bitterness. This makes lettuce a surprisingly good match with red wine, actually."

Of course, the amount of fat, oil and acidity in a salad also plays an important role when it comes to wine and food pairing. "Salad Niçoise has egg yolk, which is fatty, and tuna, which is salty. So, surprising to many, this type of salad pairs very well with red wine."

Fun Fact: Because of its high sugar content, brut sparkling or Cap Classique wines pair excellently with fruit salads.

Spicy Food and Sweet Wine

"When I am putting a menu for a dinner party together and I'm cooking a nice, hot curry, like a vindaloo or something really spicy, I often serve a sweet wine alongside it. Almost automatically, everybody goes, 'Oh, I don't drink sweet wine...'," says Junel. "Until they try it. It is almost like a massage on your palate. Trust me, a sweet wine just loves spicy food."



THESE TAXPAYERS DON'T HAVE TO FILE A TAX RETURN THIS YEAR

The South African Revenue Service (SARS) has announced the filing dates for tax season 2024, but not every taxpayer has to submit a return.

TAX SEASON 2024 DATES

INDIVIDUAL TAXPAYERS (NON-PROVISIONAL): 15 JULY 2024 TO 21 OCTOBER 2024

AUTO-ASSESSMENT NOTICES: 1 – 14 JULY 2024

PROVISIONAL TAXPAYERS: 15 JULY 2024 TO 20 JANUARY 2025

TRUSTS: 16 SEPTEMBER 2024 TO 20 JANUARY 2025

Consultancy PwC provides a detailed breakdown of those who do and those who don't need to submit a return.

TAXPAYERS WHO DON'T NEED TO SUBMIT A RETURN

A natural person or deceased estate is not required to submit a return if the person's gross income consists solely of one or more of the following:

- Remuneration (other than retirement lump sums) not exceeding R500,000 from a single source and employees' tax has been withheld in respect of that remuneration
- Interest income from a South African source (excluding a tax-free investment) not exceeding R23,800 for a person younger than 65; R34,500 for a person who is 65 years or older; or R23,800 for a deceased estate
- Tax-exempt dividends where the individual was a non-resident throughout the year of assessment

- Amounts received or accrued from tax-free investments
- A single lump sum received from a pension fund, provident fund, pension preservation fund, provident preservation fund or retirement annuity fund and tax has been deducted in terms of a tax directive.

PwC noted, however, that the above does not apply to individuals in the following circumstances:

- If paid or granted certain allowances / advances relating to business travel, accommodation or subsistence;
- If granted taxable benefits or advantages derived by reason of employment or the holding of any office; or
- If any amount was received or accrued in respect of services rendered outside South Africa.

AUTO ASSESSMENTS

Since 2021, individual taxpayers who have been auto-assessed by the taxman also need to submit a tax return, as this is handled and processed automatically.

PwC said that as long as taxpayers are notified by SARS that they are eligible for auto assessments and that this is accepted, then the process will be wrapped up with no further input. This is if the person's gross income, exemptions, deductions and rebates, as auto-assessed, are complete and correct, it said.

If taxpayers do not accept the auto assessment, they will then be required to file a tax return.

SARS has not announced any changes to auto-assessments for tax season 2024. Auto assessments are expected to start rolling out on 1 July 2024.