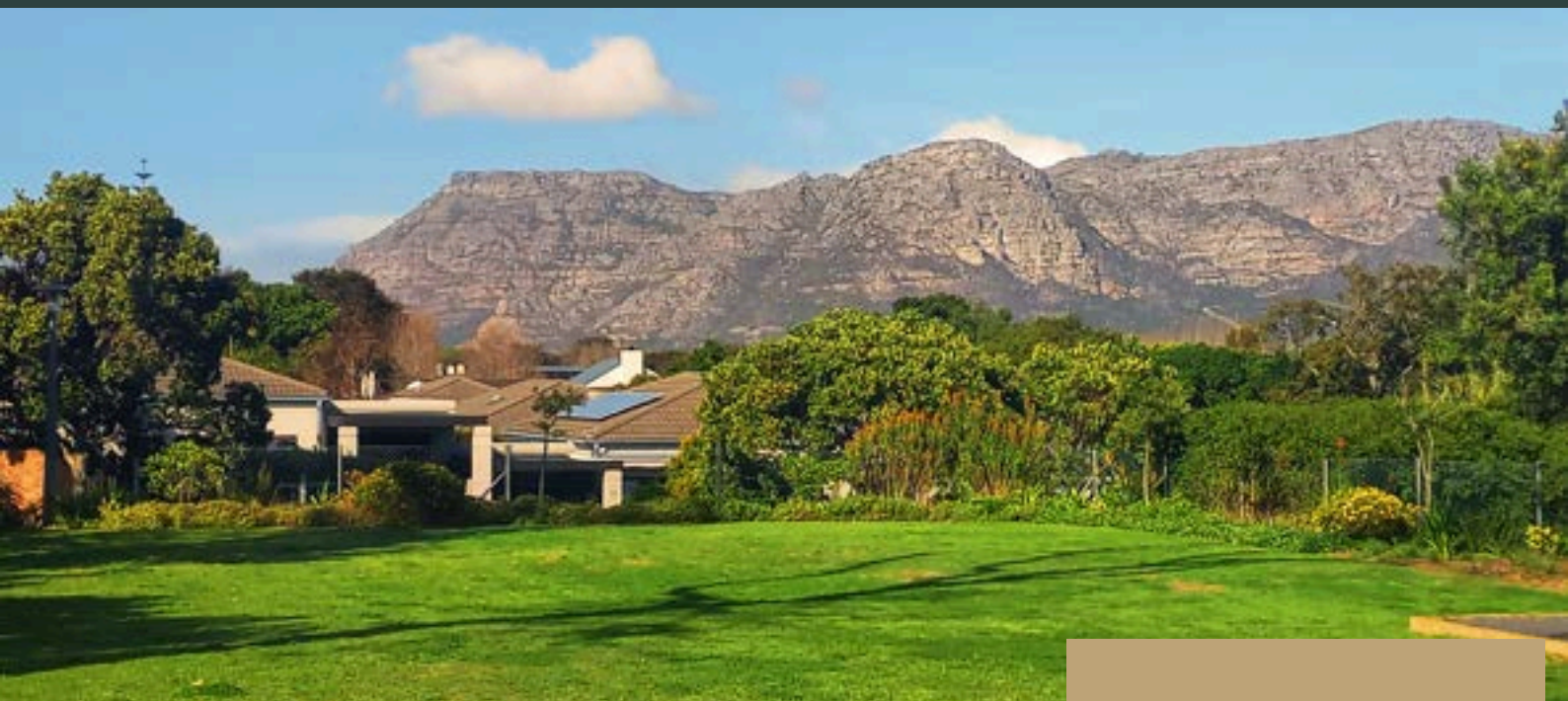


"What's Happening" BERGVLIET



"Some people want it to happen, some people wish it would happen, others make it happen."

~ Michael Jordan ~

Dear Residents,

I hope everyone is in good spirits and enjoyed a pleasant week.

Even with the temperatures dropping, it's so nice to see the increase in foot traffic through the Clubhouse. With it's cosy fire, exciting sports on TV, daily activities, and the reintroduction of our A la Carte menu, there really are loads of opportunities to pop in and socialize with your neighbours.

In this week's newsletter, you will find that our events are stacking up, promising to keep you entertained. Although our main event - the mid-year Christmas dinner - will only be in July, please note that bookings close in the 1st week of July so that we can secure our group booking in time.

In this week's newsletter we beat the chill with an array of winter soup recipes and we discover whether fresh milk is better than long-life milk. We also take a look at new developments at the V&A Waterfront; we delve into sleep patterns and new breakthroughs, and end off with tips on how to recycle your home appliances.

Wishing you all a great weekend!

Regards,
Riaan and the Evergreen Team

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...really does help and four other recent sleep research breakthroughs

DID YOU KNOW?

How to recycle your end-of use home appliances

WEEKLY ACTIVITIES

MON 17 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 18 JUN		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 19 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		19h00 CLUBHOUSE MUSIC EVENING
THUR 20 JUN	 CLINIC SR SHARON ADAMS	12h00 BISTRO LUNCH	14h00 CLUBHOUSE ART CLASSES	18h00 CLUBHOUSE QUIZ NIGHT
FRI 21 JUN		12h00 BISTRO LUNCH		
SAT 22 JUN	10h00 CLUBHOUSE LAWN BOULE			
SUN 23 JUN		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

17 JUN MELVINITA SAFOEDIEN (ELV)
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

25 JUNE

Freshly baked bread rolls served with butter

Main Course

Surf and Turf

*grilled aged sirloin and grilled prawns served with peppercorn sauce,
paprika-roasted potato wedges and seasonal vegetables*

Or

Chicken Roulade

*stuffed with bacon, feta and peppadews, topped with a cheese sauce
and served with paprika-roasted potato wedges and seasonal vegetables*

Dessert

Boston Chocolate Brownie

served with vanilla ice cream

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

17-21 JUNE

MONDAY

Public Holiday, no service

TUESDAY

Portuguese Steak

topped with a sunny-side-up egg and chips

WEDNESDAY

Chicken Florentine

*stuffed with spinach and feta served with potato wedges
and seasonal vegetables*

THURSDAY

Durban Beef Curry


served with savoury rice and sambals

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

JOIN US FOR A VERY
MERRY

Christmas in July

— AT —

THE BRASSERIE
TOKAI

24 JULY 2024

Main Course

**SLOW-ROASTED LEG OF LAMB &
OVEN-ROASTED CHICKEN**

*served with cauliflower gratin, honey-roasted carrots,
roast potatoes, mint sauce, Yorkshire pudding
& homemade gravy*

Dessert

BRASSERIE CHEESEBOARD

or

CHRISTMAS PUDDING

served with brandy butter & homemade vanilla ice cream

R300pp

PRICE INCLUDES SHUTTLE SERVICE | SHUTTLES WILL DEPART FROM THE VILLAGE AT 17H30 FOR 18H00
| PLEASE BOOK AT RECEPTION OR CALL EXT. 3200 | A FULL PRE-PAYMENT IS REQUIRED TO CONFIRM
YOUR BOOKING | ONLY 60 SEATS ARE AVAILABLE ON A "FIRST-PAY-FIRST-SERVED BASIS" | HOUSE
WINE WILL BE AVAILABLE AT A DISCOUNTED PRICE OF R150 PER BOTTLE | ALL BEVERAGES ARE TO
BE SETTLED ON THE EVENING PER TABLE AND WILL INCLUDE A 15% SERVICE FEE. |
BOOKINGS CLOSE 7 JULY

TOP WINTER SOUP RECIPES



ARTICLE BY:
BBC GOODFOOD

During the winter, soup is an ideal way to help the whole family boost their health as it's packed with veggies, easy and budget-friendly to produce. Check out our helpful guide on 30 winter 'superfoods' for information on getting extra vitamins and minerals into your diet for the colder months.

Soup can be made as quick midweek meals for hurried days or as luxurious dinner party starters that take the hassle out of prep. For more inspiration on great midweek meals for the winter, check out our top 20 winter dinner ideas, best ever winter one-pot meals, family winter traybake ideas and top 10 quick winter dinner ideas. Forget about bland tinned soups and prepare for ultimate flavour and comfort that will add some excitement to those drab winter days.

Discover even more winter soup recipes to warm you up when the weather gets cold. Need an extra dose of nutritious veggies? Try our favourite healthy soup recipes for bowls of wholesome comfort food. For more popular soup recipes, check out our top 10 most popular soup recipes.



WINTER MINISTRONE WITH PESTO



CROUTES

It is easy for soup to leave you hungry, but this wholesome bowl of minestrone will definitely satisfy with its chunky texture, filling beans and tasty croûtes. The subtle pesto flavours are reminiscent of summer and provide a much-needed break from winter flavours.



SLOW COOKER BROCCOLI & CHEESE SOUP

Savour a cosy bowl of broccoli and cheese soup made effortlessly in a slow cooker. It's a perfect start to your meal or a comforting lunch on chilly days. Remember to enjoy it with some crusty bread.



SPICED ROOT VEGETABLE SOUP

This soup is supercharged with seasonal vegetables, ensuring all the family get their vitamin and mineral requirements. As the vegetables are in season, they could even be grown at home in the cold and rainy months, so this recipe will look after your wallet.



INDIAN WINTER SOUP

This soup is packed with flavour and spice, so is sure to clear any mid-winter sinuses. This recipe proves that hearty food is far from boring, and with the addition of pearl barley and lentils, this soup certainly packs a punch.



SLOW COOKER TOMATO SOUP

Unearth your trusty slow cooker to embark on a delightful homemade tomato soup adventure. This low-calorie, vegetarian masterpiece allows you to customise the soup's consistency. If you prefer a thinner, more delicate soup, simply stir in a bit more water. It's your canvas, your creation, and a healthy treat for all!



LONG-LIFE MILK VS FRESH MILK: WHICH IS BETTER AND WHAT IS THE DIFFERENCE?



Have ever gone to the kitchen for your cup of goodness before bed, only to discover there is no longer fresh milk in the fridge? Before the moment of despair hits at the loss of your hot beverage you remember the long-life milk carton in the back of the pantry. Your pure joy and happiness is then replaced by hindering thoughts:

What is long-life milk?

What is the difference between long-life and fresh milk?

Which is better?

LONG-LIFE VS FRESH MILK

All milk sold in supermarkets and stores must undergo the process of pasteurisation where milk is heated at a certain temperature which kills harmful bacteria. Fresh milk is heated for 15 seconds at between 72-74 degrees Celsius before it is then cooled down.

Long-life milk (also known as Ultra High Temperature milk (UHT)) is milk that undergoes a different form of pasteurisation than fresh milk.

UHT milk is heated at a higher temperature of between 138-150 degrees Celsius for about 2 seconds only. The UHT milk then has to be properly packaged in an aseptic or sterile manner.

How does UHT milk have a long shelf-life?

Long-life milk is said to have a decreased or reduced number of microorganisms and bacteria in comparison to fresh milk. This reduction allows for the milks ability to have a longer shelf life.

If you have ever noticed people referring to a distinctive smell or taste in UHT milk, this taste and smell is also a result of the heat.

Another reason why UHT can have an extended shelf life is because of its packaging system which is specifically made to prevent and protect the milk from being contaminated or spoiled.

Which is better?

Although many experts state that there is no difference in fresh or UHT milk, many have found that UHT milk does not have the same nutritional value as fresh milk due to the heating process killing both good and bad bacteria.

Ultimately, the choice in milk is dependent on the consumer and their lifestyle and affordability. If you are a fan of the distinctive taste of long-life milk and you struggle to finish a litre of fresh milk, then UHT is definitely a viable option.

ARTICLE BY:
FOOD&HOME

V&A WATERFRONT CAFÉ BUILT FROM WASTE OPENS DOORS THIS JULY



The V&A Waterfront has recently revealed an innovative new café constructed largely from recycled materials.

This environmentally conscious eatery is expected to welcome its first guests in mid-July, offering a unique and sustainable dining experience.

Portswood Café has been in development since 2020; however, work on it was halted due to the Covid-19 pandemic. V&A spokesperson Donald Kau told News24 that construction on the café resumed in 2021.

The facility shares a space with a food garden that supports sustainable urban food programmes.

This innovative café is a testament to sustainable design, as it is constructed from 98% salvaged materials. Weathered bricks, wine bottles, container doors, fridge doors and steel windows from the precinct are among the materials utilised in the construction. Each item adds character to the design, creating a space that tells a story of resourcefulness.

Water pipes, electrical components, firefighting equipment and detection, regulatory signage and glazing panels are among the brand-new items in the café.

‘This is a low-tech, low-energy building and certainly the first of its kind in the Waterfront,’ said Kau.

The construction sector accounts for a large portion of emissions. This initiative demonstrates that alternative building methods are readily available and should possibly be utilised in the future.

The cafe is designed to function as a food retail space and can potentially serve multiple purposes. It has a footprint of 100 square metres and is 6 metres tall. The ground floor features a preparation kitchen, deli area and indoor seating.

Additionally, there is a mezzanine level with an office that overlooks the restaurant and includes dry store shelving.

In keeping with the Waterfront’s efforts towards environmental sustainability, the Portswood Café is a net-carbon-zero structure.

Similarly, the Blackwater Treatment Plant was established in response to Cape Town’s water crisis in 2017. The plant recycles the wastewater in the area and treated effluent is used to flush the Victoria Wharf building’s toilets.

ARTICLE BY:
CAPETOWN{ETC}

'Sleeping on it' really does help, and four other recent sleep research breakthroughs



Twenty-six years - that is roughly how much of our lives are spent asleep.

Scientists have been trying to explain why we spend so much time sleeping since at least the ancient Greeks, but pinning down the exact functions of sleep has proven to be difficult.

During the past decade, there has been a surge of interest from researchers in the nature and function of sleep. New experimental models coupled with advances in technology and analytical techniques are giving us a deeper look inside the sleeping brain. Here are some of the biggest recent breakthroughs in the science of sleep.

1. WE KNOW MORE ABOUT LUCID DREAMING

No longer on the fringes, the neuroscientific study of dreaming has now become mainstream.

US researchers in a 2017 study woke their participants up at regular intervals during the night and asked them what was going through their minds prior to the alarm call. Sometimes participants couldn't recall any dreaming.

The study team then looked at what was happening in the participant's brain moments before waking.

Participants' recall of dream content was associated with increased activity in the posterior hot zone, an area of the brain closely linked to conscious awareness. Researchers could predict the presence or absence of dream experiences by monitoring this zone in real time.

Another exciting development in the study of dreams is research into lucid dreams, in which you are aware that you are dreaming. A 2021 study established two-way communication between a dreamer and a researcher. In this experiment, participants signalled to the researcher that they were dreaming by moving their eyes in a pre-agreed pattern.

The researcher read out maths problems (what is eight minus six?). The dreamer could respond to this question with eye movements. The dreamers were accurate, indicating they had access to high level cognitive functions.

The researchers used polysomnography, which monitors bodily functions such as breathing and brain activity during sleep, to

confirm that participants were asleep. These discoveries have dream researchers excited about the future of "interactive dreaming", such as practising a skill or solving a problem in our dreams.

2. OUR BRAIN REPLAYS MEMORIES WHILE WE SLEEP

This year marks the centenary of the first demonstration that sleep improves our memory. However, a 2023 review of recent research has shown that memories formed during the day get reactivated while we are sleeping. Researchers discovered this using machine learning techniques to "decode" the contents of the sleeping brain.

A 2021 study found that training algorithms to distinguish between different memories while awake makes it possible to see the same neural patterns re-emerge in the sleeping brain.

continued...

ARTICLE BY:
NEWS24

A different study, also in 2021, found that the more times these patterns re-emerge during sleep, the bigger the benefit to memory.

In other approaches, scientists have been able to reactivate certain memories by replaying sounds associated with the memory in question while the participant was asleep. A 2020 meta-analysis of 91 experiments found that when participants' memory was tested after sleep they remembered more of the stimuli whose sounds were played back during sleep, compared with control stimuli whose sounds were not replayed.

Research has also shown that sleep strengthens memory for the most important aspects of an experience, restructures our memories to form more cohesive narratives and helps us come up with solutions to problems we are stuck on. Science is showing that sleeping on it really does help.

3. SLEEP KEEPS OUR MINDS HEALTHY

We all know that a lack of sleep makes us feel bad. Laboratory sleep deprivation studies, where researchers keep willing participants awake throughout the night, have been combined with functional MRI brain scans to paint a detailed picture of the sleep-deprived brain. These studies have shown that a lack of sleep severely disrupts the connectivity between different brain networks. These changes include a breakdown of connectivity between brain regions responsible for cognitive control, and an amplification of those involved in threat and emotional processing. The consequence of this is that the sleep-deprived brain is worse at learning new information, poorer at regulating emotions, and unable to suppress intrusive thoughts.



Sleep loss may even make you less likely to help other people. These findings may explain why poor sleep quality is so ubiquitous in poor mental health.

4. SLEEP PROTECTS US AGAINST NEURODEGENERATIVE DISEASES

Although we naturally sleep less as we age, mounting evidence suggests that sleep problems earlier in life increase the risk of dementia. The build-up of β -amyloid, a metabolic waste product, is one of the mechanisms underlying Alzheimer's disease. Recently, it has become apparent that deep, undisturbed sleep is good for flushing these toxins out of the brain. Sleep deprivation increases the the rate of build-up of β -amyloid in parts of the brain involved in memory, such as the hippocampus. A longitudinal study published in 2020 found that sleep problems were associated with a higher rate of β -amyloid accumulation at a follow-up four years later. In a different study, published in 2022, sleep parameters forecasted the rate of cognitive decline in participants over the following two years.

5. WE CAN ENGINEER SLEEP

The good news is that research is developing treatments to get a better night's sleep and boost its benefits.

For example, the European Sleep Research Society and the American Academy of Sleep Medicine recommend cognitive behavioural therapy for insomnia (CBT-I). CBT-I works by identifying thoughts, feelings and behaviour that contribute to insomnia, which can then be modified to help promote sleep.

In 2022, a CBT-I app became the first digital therapy recommended by England's National Institute for Health and Care Excellence for treatment on the NHS.

These interventions can improve other aspects of our lives as well. A 2021 meta-analysis of 65 clinical trials found that improving sleep via CBT-I reduced symptoms of depression, anxiety, rumination and stress.

HOW TO RECYCLE YOUR END-OF-USE HOME APPLIANCES



What do you do with your old appliances once they've reached the end of their useful life? Instead of letting them take up space or end up in a landfill, there's a sustainable solution that benefits both you and the environment. Hirsch's Homestores, a popular appliance and electronics retailer in South Africa, has partnered with Circular Energy, a non-profit organisation dedicated to responsible recycling.

CONVENIENT AND ETHICAL DISPOSAL

Hirsch's customers can now bring their old appliances to any of the store's branches across the country. Designated drop-off areas are set up near the dispatch departments, making it easy to leave your old items for recycling when you pick up new ones. This initiative ensures that your outdated appliances are disposed of ethically and in an environmentally friendly way.

HOW IT WORKS

Once collected, these appliances are transported to Circular Energy's recycling facility. Using cutting-edge technology, the various components of each appliance are separated and recovered. Metals, plastics and other

materials are recycled and transformed into raw materials, ready to be used again. This process not only reduces waste but also conserves valuable resources.

ENVIRONMENTAL BENEFITS

Recycling old appliances has numerous environmental benefits:

Reduces landfill waste: By recycling, we prevent harmful substances from ending up in landfills.

Recovers valuable materials: Metals and other materials can be reused, reducing the need for new resources.

Minimises hazardous waste: Proper handling and processing of hazardous components ensure they don't harm the environment.

SPECIAL HANDLING FOR REFRIGERATORS

Refrigerators, for example, require special attention due to their components. The polyurethane insulation, often found in fridge casings, is safely removed and repurposed. This material is excellent for absorbing oil and can be used in alternative energy processes, such as cement kiln firing. Additionally, metals from the fridge casing are recycled into new steel products.

Old refrigerant compressors are also handled with care. Any remaining oil and refrigerant gas are safely extracted and sent to specialised recyclers. This meticulous process ensures that these potentially harmful substances do not pollute our environment.

CUSTOMER CONVENIENCE

For those purchasing new appliances, Hirsch's offers a convenient service: when your new product is delivered, they will take your old appliance back for recycling. This ensures that your old items are disposed of responsibly without any extra hassle for you.

ENCOURAGING RESPONSIBLE BEHAVIOUR

This partnership between Hirsch's and Circular Energy is more than just a recycling programme. It fosters community awareness and encourages responsible consumer behaviour. By making it easy to recycle old appliances, they help ensure a healthier, more sustainable environment for everyone.

ARTICLE BY:
GARDEN&HOME