

“What's Happening”

BERGVLIET



“The human race has one really effective weapon, and that is laughter.”

~ Mark Twain ~

Dear Residents,

I hope everyone has had a good week despite the sharp decline in temperature. Thursday, 20th June, marked the Winter Solstice and the shortest day and longest night. It also marks the official midpoint of the year [already!]

The cooler weather has meant that the fireplace in the clubhouse has become a very popular attraction, especially with the introduction of a few delicious sweet treats recently added to the Bistro menu.

Our cozy clubhouse will certainly be buzzing this weekend as the sports enthusiasts grab their spot in front of the TV. As I write this, the Proteas are already in action against England in the T20 World Cup match. Fingers crossed for the top and middle order to fire in the same game.

Then for all the rugby fans... depending on what level of a rugby fanatic you rate yourself, your Saturday can either be great or extraordinary...

On Saturday morning, England and Japan kick their mid-year internationals off, followed by the Super Rugby final in New Zealand between The Chiefs and The Blues. A good game to watch considering the Springboks will be playing the All blacks in a few weeks.

At 15h00 the Springboks' game against Wales kicks off at Twickenham in London with Wales sadly being denied (depending on who you support) a home field advantage due to a Taylor Swift concert!

There will also be some exciting running rugby between the Barbarians and Fiji and the URC final when the Bulls take on the Glasgow Warriors at Loftus Versfeld.

If all of that is not enough to make your weekend, I hope you enjoy this week's articles in What's Happening...

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

LUCKY STAR

Now at a Woolworths near you!

SURF & TURF TOUR

Cape Town's new Waterfront Duck makes waves

BLOOMING ART

Botanical Artist wins gold for SA

TEA OR COFFEE?

We compare their health benefits

WEEKLY ACTIVITIES

MON 24 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 25 JUN		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
WED 26 JUN	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		
THUR 27 JUN	 CLINIC SR SHARON ADAMS	12h00 BISTRO LUNCH	14h00 CLUBHOUSE ART CLASSES	
FRI 28 JUN	09h00 CLUBHOUSE RESIDENT WALK	12h00 BISTRO LUNCH		17h00 – 19H00 CLUBHOUSE PRIVATE BIRTHDAY CELEBRATION
SAT 29 JUN	10h00 CLUBHOUSE LAWN BOULE			
SUN 30 JUN		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

27 JUN JANINE FULLER – A2
28 JUN ELNOR LEACH – H19
29 JUN GAVIN MORRISON – A101



ANNIVERSARIES

28 JUN
CHRIS & JILL HINDE – H15





Sonnenhof

LUNCH MENU
24-28 JUNE

MONDAY

Tender Pork Chop

served with sweet potato mash and seasonal vegetables

TUESDAY

Classic Beef Lasagne

served with garlic bread and a side salad

WEDNESDAY

Homemade Cheese Burger

flame-grilled and served with chips

THURSDAY

Crispy Chicken Schnitzel


served with mushroom sauce, a baked potato and seasonal vegetables

FRIDAY

Fish and Chips

fried or grilled 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

DINNER MENU

2 JULY

Freshly baked bread rolls served with butter

Main Course

Slow Cooked Lamb Shank

*infused with mustard and rosemary on mashed potato
served with seasonal vegetables*

Or

Roast Cinnamon and Apple Stuffed Pork Belly

on mashed potatoes served with seasonal vegetables

Dessert


Salted Caramel Cheese Cake

*decadent cheesecake on a traditional golden oat biscuit base,
topped with salted caramel*

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



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



WOOLWORTHS CUSTOMERS WARM TO LUCKY STAR

Oceana, the owner of the canned fish brand, has reported a big surge in acceptance among higher-income shoppers

Lucky Star, a well-known canned fish brand, has shifted its focus to attract high-income consumers, leading to a rise in sales at premium retailers such as Woolworths.

Oceana, the company that owns the Lucky Star brand, on Monday reported a remarkable surge in “acceptance among higher-income shoppers”. Oceana CEO Neville Brink told Business Day Lucky Star’s canned pilchards, traditionally known to be affordable, had now captured the attention of affluent shoppers. This shift was partly attributed to the product’s quality and convenience.

Brink said the growing demand shows a product with a long-standing association with economic affordability can still captivate high-end markets.

Brink highlighted Lucky Star’s resilience in a challenging economic climate, in which high inflation and stagnant growth put pressure on consumers. He said despite this, Lucky Star thrived, emphasising its appeal as a premium product enjoyed by a wide demographic, not just the economically disadvantaged. We have seen strong growth in Woolworths. Lucky Star is not a class purchase; people buy Lucky Star because they enjoy Lucky Star. They eat pilchards because they enjoy pilchards. “It is not a product for the poor. It is a product for anyone.”

However, this newfound repositioning success might be met with potential competition from an unexpected rival.

Previously Business Day reported that Astral Foods, a prominent name in the poultry industry, is contemplating the concept of canned chicken.

The company announced in May that it would try canned chicken to counter the canned fish market. Business Day understands the plan involves placing the new canned chicken products alongside canned fish on store shelves to directly compete for consumer attention. This approach does not only aim to capture a share of the market dominated by canned fish but also seeks to attract budget-conscious consumers seeking value without compromising their protein intake. The company contended that chicken provides a better cost per gram of protein compared with fish that could offer a more economical option for consumers seeking nonperishable protein sources.

MARKET SHARE

The concept of canned chicken could reshape the dynamics of the canned protein market. It might pose a challenge to Lucky Star, a household brand whose market share has grown with its upscale repositioning.

Oceana remains unfazed. Brink downplayed the competition from Astral, suggesting that while there is a demand for various protein options, Lucky Star remains focused on affordability to retain its market share.

“What we are all struggling with is the affordability [to] all consumers who consistently buy protein. We want to remain affordable. That is the key component,” he said.

Oceana on Monday reported earnings growth of 85% as US-based Daybrook reported record first-half earnings and Lucky Star experienced improved second-quarter canned food sales volumes.

The group’s revenue from continuing operations was up 12.1% to R5bn for the six months to end-March, while profit from continuing operations increased 74.2% to R716m.

Headline earnings per share (HEPS) were 84.6% higher at 578.8c. An interim dividend of 195c was declared, an increase of 50%.

Lucky Star reported improved sales volumes in the second quarter.

Canned fish volumes declined 3.3%, with overall canned food volumes down 20.8%, compounded by a canned meat shortage during the transition from outsourced to in-house manufacturing.

Local canning production volumes reduced as planned by 41.2% to 1.5-million cartons due to the decision to close both west coast plants earlier than usual to implement factory upgrades, which were completed in mid-January.

ARTICLE BY:
BUSINESSLIVE.CO.ZA

SURF AND TURF TOUR: CAPE TOWN'S NEW WATERFRONT DUCK MAKES WAVES



The Waterfront Duck is a 40-seater vehicle that can travel on both land and water. Once operations launch, the tour will start at the V&A Waterfront, pass the Cape Town Stadium, and follow the Atlantic Seaboard coastline to see famous sights.

It will then return to the V&A Waterfront, leave land and launch into the water near the Cape Grace Hotel, and cruise around the V&A Marina and Harbour.

Co-owner of the Duck Company, Keith Lindsay, was inspired by the unique concept while abroad so he embarked on a challenging yet rewarding journey to bring this amphibious adventure to life.

He shares the story behind The Waterfront Duck Company, its challenges, and what makes it a must-try activity with Cape {town} Etc.

The idea for The Waterfront Duck Company took root during a family holiday in Boston in 2008. Lindsay was captivated by the popularity and appeal of the amphibious tour concept, which delighted both young and old.

He recognised the potential for a similar attraction in Cape Town.

'It was perfectly suited to this story-rich city, combined with an interesting body of water. In my mind the City of Cape Town and the world-class V&A Waterfront fitted both.'

Bringing the concept to Cape Town was no easy feat. Unlike other amphibious tours around the world that utilise repurposed WWII landing craft, Lindsay prioritised safety and modern standards.

The search led to Seahorse Amphibious in Windsor, UK, whose Seahorse MKIII design started primarily as a boat, ensuring optimal safety and suitability for both land and water use.

This vehicle underwent rigorous safety scrutiny by both the UK's Marine and Coastguard Authority and South Africa's Maritime Safety Agency, a process that took over two years. Additionally, adaptations were made to ensure the vehicle could navigate Cape Town's specific environment, including lowering the roofline and adding a bow thruster for enhanced control.

Lindsay emphasises these safety measures: 'In terms of new amphibious vehicles, many manufacturers actually start with a bus chassis and then convert it to be able to float, which they were not in favour of. We eventually settled on a craft from a company called 'Seahorse Amphibious' based in Windsor in the UK. We really liked their approach to design and safety. They started primarily with a boat design and then made sure it was suitable for road use. We believe that this was a way safer and better way to go.'



The tours are not just about sightseeing; they provide 'edutainment,' blending entertaining and engaging commentary with historical and ecological insights.

'The other point of difference is the focus on 'edutainment'. Entertaining live tour guides who deliver interesting content in a quirky and engaging way. Our tour covers some interesting historical snippets as well as taking on bit more of a marine/eco theme as we enter the water.'

Finding the right people to operate the amphibious vehicle is crucial. Quacktains must have both a skipper's licence and a heavy-duty driver's licence, ensuring they are well-equipped for their dual roles.

ConDUCKtors serve as tour guides and deckhand crew members, adding to the educational and entertaining experience for passengers. A sense of fun and enthusiasm is a must for all team members.

Looking ahead, The Waterfront Duck Company has exciting plans.

'We have many plans in the making but the key ones are: a) getting our first Duck fully operational as soon as possible; and b) planning our second Duck.'

'Our order for this has already been placed and it is currently under construction in the UK and is due arrive in Cape Town early in the new year! Our branded apparel and accessory store will also open up soon at the V&A Waterfront at our ticket office in front of the Silo Hotel!'

Experience Cape Town like never before – on land and sea – with The Waterfront Duck Company!

Tickets are not yet available for purchase but will be one month before the launch.

Safety is paramount for The Waterfront Duck Company.

The amphibious vehicle complies with all necessary regulations, featuring lifejackets, multiple sealed compartments, and automatic bilge pumps.

Lindsay underscores this further: 'On land, our brakes, seats, lights, etc, all meet the required standards, as would any new bus on our roads. Of course, this is not only a vessel requirement, but also a human one.'

'Our skipper/drivers (who we call Quacktains) have to be both a skipper with passenger endorsement and a heavy duty driver with PDP. Also, unlike in the USA, where the driver is also the tour guide, our tours will include a separate tour guide (who we call a ConDUCKtor!) who is also a qualified deck-hand crew member.'

'For safety, we never leave the confines of the V&A harbour wall, always remaining inside the Victoria Basin. Tours will be postponed if the weather is deemed to be outside of acceptable operating parameters.'

'In terms of comfort, our 36 seats are fully imported, access is easy via 7 short steps and with the roll-up flaps, there is always plenty of fresh air!'

Lindsay explains that The Waterfront Duck Company is set apart from other tourist activities in Cape Town because of its uniqueness.

'As far as we are aware, this is the very first amphibious tour bus in South Africa – How could you be more unique?! You get the best of the city and the waterfront by land and water!'



BOTANICAL ARTIST WINS GOLD FOR SA FOR FLORAL WONDERS

Hot on the heels of South Africa's winning display at the Chelsea Flower Show, botanical artist Daleen Roodt achieved another floral feat after she won RHS Gold and Best Artwork on show at the RHS Botanical Art Show!

London, United Kingdom (18 June 2024) — Hot on the heels of South Africa's winning display at the Chelsea Flower Show, our country has achieved another floral feat thanks to botanical artist Daleen Roodt.

While floral artist Leon Kluge led South Africa's golden return to the world-famous floral stage after a lengthy hiatus, botanical artist Daleen (37) added another gold medal to South Africa's tally in addition to winning Best Artwork on Show at the RHS Botanical Art Show.

The show, held at the Saatchi Gallery in London, is the most prestigious exhibition of botanical art in all the world.

There, artists must exhibit six top class artworks under a theme. The artwork is then judged by an expert panel of 7 professionals. But, all this only comes after artists are approved to participate in the event in the first

place; a highly selective process that's followed by a five-year period in which the artists are given to prepare the works they'll present.

The artworks are then judged based on a criteria of botanical accuracy, technical skill and exact colour reproduction. Not to mention, attention to detail and aesthetic appeal.

Of course, loads of work went into the South African botanical artist's blossoming moment. After being awarded the Dawn Jolliffe Art Bursary by the RHS Bursaries Committee in support of her project, over a period of three flowering seasons, Daleen studied indigenous orchids and their pollinators across South Africa, in their natural environments.

It took many days and hours of fieldwork across three different provinces on top of almost 1200

hours to complete her watercolour paintings. As for the massive orchid painting, that took a whopping 360 hours!

Taking all of this into account makes Daleen's success that much more impressive in addition to the fact that she was the only South African artist who participated.

Daleen received an RHS Gold Medal and was awarded Best Artwork on Show for her larger-than-life orchid painting at the RHS Botanical Art Show in London—a fantastic floral feat! Her exhibit (indigenous orchids and pollinators) hung proudly with world-class artwork by artists from Australia, Italy, Japan and Korea all the way to the USA and the UK.

ARTICLE BY:
GOODTHINGSGUY.COM

TEA VS. COFFEE:

How Do Their Health Benefits Compare?



Coffee and tea are popular beverages consumed worldwide. Both are rich in health-promoting compounds that may protect against many health conditions, including certain cancers and diabetes, and promote longevity. Each beverage has unique benefits, too.

Although drinking too much caffeine through coffee or tea may have side effects, research shows that long-term, moderate consumption of these drinks can benefit health in several ways.

SHARED BENEFITS OF COFFEE AND TEA

Coffee and tea both provide protective plant compounds that may improve and protect health in several ways. Intake of these beverages has been linked to benefits like reduced risk of common diseases and protection against early death.

SUPPLY POWERFUL ANTIOXIDANTS

Tea and coffee are excellent sources of antioxidants. Antioxidants work by neutralizing free radicals in the body, which are chemicals that naturally form in response to exercise, smoke, pollution, ultraviolet (UV) rays, and other exposures. Free radicals can build up and lead to a state of oxidative stress, which damages cells and may lead to disease. By neutralizing free radicals, antioxidants may help prevent disease.

Coffee contains over 1,000 bioactive compounds, many of which have health-protective properties. For example, coffee is packed with polyphenol antioxidants such as chlorogenic acid, which has been shown to have antioxidant, anticancer, anti-diabetic, anti-inflammatory, and antihypertensive properties.

Studies show that coffee is the main source of polyphenols and phenolic acids in most people's diets. Tea is also a strong source of antioxidants. One of the most well-known antioxidants in tea is epigallocatechin gallate (EGCG), a type of catechin (chemical compound) especially concentrated in green tea. EGCG has powerful antioxidant and anti-inflammatory effects.

Green tea also contains flavonols like quercetin, myricetin, kaempferol, chlorogenic acid, coumarylquinic acid, and theogallin, all of which have cellular-protective properties.

Black tea is also rich in health-promoting compounds, including polyphenol antioxidants like thearubigins and theaflavins, which give black tea its dark brown color and slightly bitter flavor.

PROTECT AGAINST CHRONIC DISEASES

Because coffee and tea contain health-protective compounds, drinking them regularly may reduce your risk of developing several conditions. For example:

Coffee consumption is linked to a lower risk of type 2 diabetes, Parkinson's disease, gout, and liver diseases like fatty liver disease and liver cancer.

Consuming tea has also been shown to protect against certain health conditions like coronary artery disease, type 2 diabetes, and stroke.

Both coffee and tea seem to protect against certain cancers and type 2 diabetes. Coffee and tea consumption before and after a diabetes diagnosis has been shown to significantly reduce the risk of death.

Drinking coffee and tea could also protect against dementia. A study that included data on 365,682 people found those who drank coffee and tea separately or in combination had a lower risk of dementia and stroke compared to people who didn't drink coffee or tea. Compared with people who didn't drink tea and coffee, drinking 2-3 cups of coffee or 2-3 cups of tea per day was associated with a 28% and 32% lower risk of dementia and stroke, respectively.

ARTICLE BY:
HEALTH.COM

MAY BOOST LONGEVITY

Incorporating coffee or tea into your diet may help increase your chances of living a longer, healthier life. Studies have shown that people who regularly consume coffee and tea have a lower risk of dying from any cause compared to people who don't drink coffee or tea.

A recent study that included 118,872 participants with metabolic syndrome found that combined intake of tea and coffee offered a protective effect against all-cause mortality. The study showed that, compared to people who didn't consume tea and coffee, people who consumed 2 cups of tea plus 2 cups of coffee per day had a 21% lower risk of cancer-related death. People who drank 3 cups of tea plus at least 4 cups of coffee daily had a 24% lower risk.

The study also found that people who drank 4 cups of tea and 1 cup of coffee daily had a 22% lower risk of dying from heart disease.

Another study that included 4,923 people with type 2 diabetes found that a higher intake of green tea and coffee was associated with a reduced risk of death from all causes.

MORE BENEFITS OF COFFEE

In addition to its shared benefits with tea, coffee has unique effects on health. For example, research has shown it's particularly beneficial for liver health and may protect against several liver conditions, including fatty liver disease and liver cancer.

A review of 11 studies found that coffee drinkers had a 23% lower risk of non-alcoholic fatty liver disease and a 32% reduced risk of liver fibrosis compared to people who didn't drink coffee.

Coffee's high concentration of antioxidants, like chlorogenic acid, may reduce inflammation, protect against fibrosis or scarring of the liver, and decrease fat accumulation in the liver. This can support overall liver health and protect against liver disease.

Coffee is higher in the natural stimulant caffeine than tea, providing 91.8 milligrams (mg) per cup.

One cup of black tea provides 47 mg per cup, while the same amount of brewed green tea contains only 29.4 mg.¹³¹⁴¹⁵ Because of its higher caffeine content, coffee may be a better choice for boosting athletic performance and energy levels. Coffee intake has been shown to improve athletic performance, including reaction time, power, and aerobic capacity, largely due to its caffeine content.

MORE BENEFITS OF TEA

Like coffee, tea has unique health benefits, including boosting mental health. For example, green tea contains an amino acid called L-theanine, which has been shown to have anti-stress and anti-anxiety properties. L-theanine interacts with the central nervous system by modulating certain pathways and brain receptors to reduce stress and anxiety.¹⁷

Green tea's high concentration of L-theanine may make it effective for reducing anxiety symptoms and stress hormones and protecting against depression.¹⁸ One review of eight studies found that frequent green tea consumption was associated with a 34% reduced risk of depressive symptoms.¹⁹

Black tea intake has also been linked with reduced depression risk. One study of 491 adults found that, compared to the participants who drank less than one cup of black tea per day, participants who consumed more than one cup of black tea per day had a lower risk of depression. Regular tea consumption has also been shown to protect against heart disease by lowering heart disease risk factors like high low-density protein (LDL) cholesterol.

RISKS AND SIDE EFFECTS

High amounts of caffeine can negatively affect your health. Because coffee is significantly higher in caffeine than tea, people sensitive to caffeine's stimulant effects should limit their intake of coffee and highly caffeinated coffee products like espresso.

Experts currently recommend that adults keep their daily caffeine intake to less than 400 mg—about 4 cups of coffee or 8 cups of black tea. Pregnant people should keep their daily caffeine intake to less than 200 mg.

Consuming too much caffeine can lead to side effects like anxiety, heart palpitations, headaches, high blood pressure, and pregnancy complications, so it's important to keep your caffeine intake under the recommended limit. People who are sensitive to caffeine should assess their individual caffeine tolerance to prevent caffeine-related side effects.

Also, avoid consuming very hot coffee and tea drinks. Regularly consuming tea and coffee drinks over 140 degrees Fahrenheit (60 degrees Celsius) is associated with an increased risk of esophageal cancer.

Finally, consuming too much black tea could inhibit the absorption of iron from foods, which could be an issue for people with low iron stores, like people with iron-deficient anemia.

WHICH IS BETTER FOR HEALTH?

Research has linked coffee and tea to significant health benefits, so including both beverages in your diet is usually preferable. Switching up your daily routine by enjoying coffee, green tea, black tea, or herbal tea is an easy way to introduce a variety of health-promoting compounds to your diet.

However, coffee and tea have completely different flavors, and some people don't like the taste of coffee and prefer drinking tea, and vice versa. Whether you choose coffee, tea, or both beverages, stay within the daily recommended caffeine limit. Be cautious of added sugars, which can negate the health benefits of your coffee or tea. Choose unsweetened coffee drinks and avoid high-sugar coffee additives like sweetened creamers.

A QUICK REVIEW

Coffee and tea are popular beverages linked to several impressive health benefits. They are rich in antioxidants, and drinking them regularly may protect against several chronic diseases and help you live a longer, healthier life.

Coffee may offer specific benefits for liver health and athletic performance, while tea may be the better choice for improving anxiety, protecting against depression risk, and boosting heart health. Including coffee and tea as part of a balanced diet may help you reap the most benefits.