

“What's Happening”

BERGVLIET



“Life’s battles don’t always go to the stronger or faster man. But sooner or later, the man who wins is the man who thinks he can.”

~ Vince Lombardi ~

Dear Residents,

It’s been another cold, wet week and similar to the previous one some units were affected when their electricity supply was cut off completely due to breakdowns in infrastructure caused by the severe weather conditions. Once again, I would like to applaud the positive attitude of so many residents during what has been an extremely frustrating time.

I would also like to remind all residents that the Clubhouse and all the facilities are for all residents to enjoy, especially at times when we are facing obstacles out of our control. If you have to wait for repairs you might as well do so where it is warm, meals can be enjoyed and more importantly, time can be spent with fellow residents helping to take your mind off those things we cannot control.

While we wait for the weather to improve, in this week’s newsletter we whip up the perfect Spag Bol ‘comfort meal’ guaranteed to chase those winter blues away!

In local news, we see what artists are doing to add a splash of colour to the Sea Point Promenade; we take a peek into Cape Town’s most expensive hotel room and we also see why local residents are fighting to keep their forest. And if none of that warms you up, pour yourself a tot of Jameson’s finest while you read up on a few things you may not know about this special whiskey.

Wishing you all a great week ahead.
Stay warm and dry.

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 22 JUL	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 23 JUL		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	
WED 24 JUL		11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	17h30 THE BRASSERIE CHRISTMAS IN JULY DINNER
THUR 25 JUL		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC  SR SHARON ADAMS
FRI 26 JUL		12h00 BISTRO LUNCH		
SAT 27 JUL	10h00 CLUBHOUSE LAWN BOULE			
SUN 28 JUL		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

25 JUL KEVIN HOJEM – H33
 25 JUL GORDON COLLENDER – A105
 30 JUL HEATHER HONEYSETT – H78
 31 JUL ROGER PRIDEAUX – A104



ANNIVERSARIES

23 JULY
 JIM & MARY DOYLE – H24





Sonnenhof

LUNCH MENU

22 - 26 JULY

MONDAY

Green bean bredie, sweet potato mash and seasonal vegetables
or
(V) *Vegetable bredie, sweet potato mash and seasonal vegetables*

TUESDAY

Sausage rolls with onion gravy, chips and seasonal vegetables
or
(V) *Creamy mushroom pasta with seasonal vegetables*

WEDNESDAY


Sticky chicken pieces served with potato wedges and seasonal vegetables
or
(V) *Roasted butternut with chickpea and mint served on couscous*

THURSDAY

Beef Stroganoff on mash served with seasonal vegetables
or
(V) *Lentil meatballs in Neapolitan tomato sauce on mash
served with seasonal vegetables*

FRIDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) *Roasted vegetable frittata served with salad or seasonal vegetables*



Bookings close the day before the meal at 14h00
Book at Reception or on ext. 3200 | R80pp including a glass of house
wine or coffee



Sonnenhof

BISTRO

S O C I A L D I N N E R

T U E S D A Y , 3 0 J U L Y

Main Course

Beef Medallion

*with mashed potato, seasonal vegetables
and a blue cheese sauce*

Or

Spinach and Feta Chicken Roulade

*with mashed potato, seasonal vegetables
and a parmesan sauce*

Dessert


Deconstructed Pecan Pie

with cream and caramel drizzle

Or

South African Cheese Plate

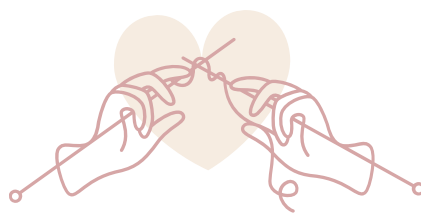
with crackers and dried fruit



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R195 per person



Happy Beanies



THE RECENT SEVERE WEATHER CONDITIONS IN THE PROVINCE HAVE BROUGHT TO LIGHT THE PRIVILEGE WE ALL SHARE.

IN RESPONSE, EVERGREEN LIFESTYLE IS EXTENDING A CHALLENGE TO ALL KNITTERS TO SEE WHICH VILLAGE CAN KNIT THE MOST "HAPPY BEANIES" BETWEEN 15 AND 26 JULY, TO DONATE TO THOSE WHO ARE LESS FORTUNATE AND IN NEED OF WARMTH THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES, FROM SMALL TO LARGE, AND THE MORE **VIBRANT** THE BETTER. WOOL DONATIONS FOR THE KNITTERS WILL ALSO BE MOST WELCOME.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE REACH OUT TO ME DIRECTLY: RIAAN GOUWS - 072 600 2499.



PUB *Night*

DATE: FRIDAY, 2 AUGUST
TIME: 18H00

**Join us for this
month's Pub
Night and enjoy
a great evening
with fellow
residents.**

**VOUCHER BOOKLETS
AVAILABLE AT
RECEPTION FOR R100**

**RSVP at Reception or
on Ext. 3200**



THE BEST SPAGHETTI BOLOGNESE RECIPE

Our best ever spaghetti Bolognese is super easy and a true Italian classic with a meaty, chili sauce. This pasta Bolognese recipe is sure to become a family favourite.

INGREDIENTS

- 1 tbsp olive oil
- 4 rashers smoked streaky bacon, finely chopped
- 2 medium onions, finely chopped
- 2 carrots, trimmed and finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves finely chopped
- 2-3 sprigs rosemary leaves picked and finely chopped
- 500g beef mince
- For the bolognese sauce
- 2 x 400g tins plum tomatoes
- small pack basil leaves picked, $\frac{3}{4}$ finely chopped and the rest left whole for garnish
- 1 tsp dried oregano
- 2 fresh bay leaves
- 2 tbsp tomato purée
- 1 beef stock cube
- 1 red chilli deseeded and finely chopped (optional)
- 125ml red wine
- 6 cherry tomatoes sliced in half
- To season and serve
- 75g parmesan grated, plus extra to serve
- 400g spaghetti

METHOD

STEP 1 - Put a large saucepan on a medium heat and add 1 tbsp olive oil.

STEP 2 - Add 4 finely chopped bacon rashers and fry for 10 mins until golden and crisp.

STEP 3 - Reduce the heat and add the 2 onions, 2 carrots, 2 celery sticks, 2 garlic cloves and the leaves from 2-3 sprigs rosemary, all finely chopped, then fry for 10 mins. Stir the veg often until it softens.



STEP 4 - Increase the heat to medium-high, add 500g beef mince and cook stirring for 3-4 mins until the meat is browned all over.

STEP 5 - Add 2 tins plum tomatoes, the finely chopped leaves from $\frac{3}{4}$ small pack basil, 1 tsp dried oregano, 2 bay leaves, 2 tbsp tomato purée, 1 beef stock cube, 1 deseeded and finely chopped red chilli (if using), 125ml red wine and 6 halved cherry tomatoes. Stir with a wooden spoon, breaking up the plum tomatoes.

STEP 6 - Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce.

STEP 7 - Add the 75g grated parmesan, check the seasoning and stir.

STEP 8 - When the bolognese is nearly finished, cook 400g spaghetti following the pack instructions.

STEP 9 - Drain the spaghetti and either stir into the bolognese sauce, or serve the sauce on top. Serve with more grated parmesan, the remaining basil leaves and crusty bread, if you like.

ARTICLE BY:
BBCGOODFOOD.COM

SEA POINT PROMENADE TRANSFORMED INTO AN OPEN-AIR ART GALLERY BY LOCAL ARTISTS



ARTICLE BY:
IOL.CO.ZA

Cape Town's renowned Sea Point Promenade is experiencing a dynamic transformation. Local artists have teamed up to turn a previously ordinary ablution building into an open-air art exhibition.

Though ablution blocks might not typically be seen as canvases, the artists involved saw a unique opportunity.

While the Sea Point Promenade has long been an artistic hub, this transformation significantly enhances its status as a walkable gallery in the Mother City.

Property developer Blok collaborated with the local art agency SJ Artists, aiming to revitalise public spaces in Cape Town's beloved landmarks. This project seeks to invest in local art and culture, providing a platform for Cape Town's creative talents.

The collaboration was spearheaded by Shani Judes, who runs SJ Artists, an agency dedicated to supporting and managing mural artists and large-scale art projects.

Shani's vision aligns with the goal of elevating public spaces. Her previous projects like the Wavescape Surf & Ocean Festival and Sea Walls South Africa. Her passion for ocean conservation-themed public art made her an ideal leader for this initiative.

The first artist to feature her work was Mika Revell, also known as "Little Pink Pills." An Asian-American artist celebrated for her political satire, feminism, and historical art references, Mika's mural "Impossible City" draws inspiration from M.C. Escher.

It challenges perceptions of urban spaces, urging viewers to rethink conventional notions of home and community.

The second artist, Russell Abrahams, known as Yay Abe, is a Cape Town illustrator famed for his whimsical, transformative artwork. His mural 'Ocean Daze' invites viewers into a vibrant seaside scene, complete with seven playful hidden faces to discover.



The artists and developers encourage people to stroll along the promenade and explore each mural at their leisure.

Each piece is accompanied by a plaque providing information about the artist and their work. For those unable to visit in person, a video of the first mural coming to life is available online.

This artwork has instilled a sense of pride among Sea Point residents and sends a message to the broader Cape Town community about the importance of enhancing public spaces.

INSIDE THE R220,000-PER-NIGHT HOTEL ROOM IN CAPE TOWN



ARTICLE BY:
BUSINESSTECH.CO.ZA

THE SILO HOTEL IS ONE OF, IF NOT THE, MOST EXPENSIVE HOTEL IN CAPE TOWN, SOUTH AFRICA – WITH ITS PENTHOUSE SUITE COSTING UP TO R226,000 PER NIGHT.

The hotel offers luxurious accommodation with a rich history tied to its distinctive architectural heritage.

Situated in the historic grain silo complex at the V&A Waterfront, a significant site in Cape Town's industrial and maritime history, the hotel boasts a unique historical background.

Originally constructed in 1924, the building functioned as a grain silo and stood as the tallest building in Sub-Saharan Africa for many years, playing a pivotal role in South Africa's agricultural economy.

Comprising forty-two concrete tubes, the complex represented an extraordinary feat of industrial architecture designed for the storage and export of grain, fostering connections between South African agriculture and global markets.

In the early 2000s, as the use of grain silos declined, there was interest in repurposing the buildings.



The V&A Waterfront, along with developer Liz Biden of The Royal Portfolio, recognised the potential to turn the silo into a luxury hotel.

British architect Thomas Heatherwick and his firm, Heatherwick Studio, led the redevelopment.

The project involved a complex and meticulous renovation process to preserve the building's industrial heritage while incorporating modern luxury and design elements.

The Silo Hotel officially opened in March 2017.

The hotel occupies six floors above the Zeitz Museum of Contemporary Art Africa (MOCAA), adding a significant cultural landmark to Cape Town.

The hotel is widely celebrated for its unique architectural style, which includes curved glass windows that project outward, providing breathtaking vistas of Cape Town, Table Mountain, and the harbour.

Inside, the décor is described as seamlessly combining industrial features with opulent furniture and modern African artwork.



THE PENTHOUSE

The Silo Hotel offers 28 rooms, including a penthouse, each uniquely designed and decorated. Amenities include a rooftop bar and swimming pool, a spa, and fine dining options.

Rooms include the “Duplex suites” (R31,400-R39,300), “Deluxe Superior” (R37,500-R48,100), “Family suites” (R51,000-R64,500), and “Royal suites” (R80,500-R107,000).

The “Silo” rooms are the hotel’s cheapest offering, with an off-season charge of R24,000 per night, climbing to R30,900 per night during the festive season.

The Penthouse, however, is the hotel’s most expensive suite. It costs between R126,500 and R226,000 per night, depending on the season and whether you choose to stay in a one- or two-bedroom suite.

As of March 2025, this will be even more expensive, as its rates sheet for the 2025/26 financial year has pencilled in a 9% increase, meaning the penthouse will cost up to R246,500 per night during the festive season.

The Penthouse enjoys panoramic views of Cape Town and includes a cinema room, a spa treatment room, two walk-in wardrobes, two marble bathrooms, and two 24m² (258ft²) private balconies, turning into a two-bedroom layout on request.

It also includes Wi-Fi, a TV, a Telephone, international adaptors and hairdryers, and a limited mini-bar.

OTHER AMENITIES INCLUDE:

- Concierge Services
- 24-Hour Guest Services
- Breakfast
- Parking
- The Granary Café
- The Willaston Bar
- The Sky Terrace
- Rooftop Restaurant
- Rooftop Swimming Pool
- The Silo Spa (Five Treatment Rooms, Sauna, Change Rooms)
- Gym
- Airport Transfers (at an additional cost)
- Private Meeting Rooms / Private Dining Rooms (The Wisdom Room Seats 22)
- Private Art Gallery

The former Marketing and Communications Manager of The Royal Portfolio noted that the identity of the guests who stayed in the Penthouse is never disclosed due to the hotel’s strict privacy policy.



The Fight for Tokai Forest and All Its Treasures

From the 'Watchers in the Woods' to the many treasured memories that Tokai Forest and all her magic have been a part of, there are many reasons people are fighting for this special space in Cape Town.



While Cape Town is home to a plethora of natural adventures that each have their own awe-striking characteristics, those looking to step into something from a story book might meet their dream adventure in the 'Tokai Forest'.

A story of resilience all its own, Tokai Forest began as a plantation in the 1880s as a means to provide timber due to shortages in the region as Nicky Schmidt, the Chair of NPO Parkscape tells Good Things Guy.

Then, it acted as an experimental space, somewhere to see what would flourish and what wouldn't. This part of the forest's history can still be seen today at the Tokai Arboretum where various tree species live.

In 1997, then plantations like Tokai and Cecilia Forest were included as part of the Table Mountain National Park. This was not just because of natural value but also because of the recreational richness people in treeless areas like the Cape Flats could enjoy. However, in later years, when the Department of Forestry took the decision to exit forestry in the Western Cape, Tokai and Cecilia faced trouble when they were destined to be part of the exit.

"There was understandably, considerable public outcry and an extensive period of negotiation was entered into," says Nicky. But in the end, the plantations would be retained on a 'transitional basis' of what would come to around 80 years of rotational plantation plantings.

"This 'transitional' plan would allow for both fynbos restoration and retention of plantation canopy for community wellbeing."

Then 2015 came blazing, with fires destroying much of the upper Tokai plantation. It meant that Tokai and Cecilia were in the hot seat once more and at risk of being axed as part of another exit, but Parkscape called for an urgent interdict to prevent the felling of Lower Tokai.

"On behalf of the community, Parkscape successfully defended its case in both the High Court and the Supreme Court of Appeal, and Lower Tokai was saved from felling and has become an increasingly popular community space, visited and enjoyed by many," Nicky says.

Today, what was saved stands as a beloved area known for its enchanting energy.

It's a place of childhood memories where many birthdays have been celebrated between the trees. And a place of rich love as the ideal spot for wedding photos. It's also the creative's thinking spot and muse with artistic themes taking place in the forest, from painted rock treasures to the present-day thrill—the 'Watchers in the Woods'.



ARTICLE BY:
GOODTHINGSUY.COM

Sound meditations, soulful conversations, filmmakers, singers, cyclists, hikers and horse riders have all enjoyed the Tokai Forest in all its wonder. But what of its future?

Nicky tells Good Things Guy that its future hangs in the balance.

“For the past three and a half years there has been a public consultation process regarding the future of the Tokai and Cecilia areas of the Park. The contract for harvesting the remaining remnants of Tokai and Cecilia concludes at the end of this year.

“We have been negotiating since 2021 with SANParks to retain both areas, as they currently exist, in the interest of community health and well-being, and given the critical role both areas play as part of the City’s all-too-small urban forest.

“Both Tokai and Cecilia are not only critical to human health and well-being, but they also form part of the cultural landscape of the Constantia-Tokai Valley and are the last remaining pieces of the rich heritage of plantation forestry in the Valley.”

Nicky explains that the vision is to transition from a pine plantation to an urban forest of indigenous and non-invasive exotic trees.

It’s a battle between a sole focus on fynbos conservation and fynbos conservation in tandem with community wellbeing.

“Our ultimate intent is to ensure that SANParks allows for both fynbos restoration and shaded space for community benefit,” she adds.



6 Things You Didn't Know About Jameson Irish Whiskey



Jameson is the world's bestselling Irish whiskey brand, selling 31 million bottles annually. Owned by French beverage group, Pernod Ricard, since 1988, the brand has expanded exporting 90 percent of the 4.7 million cases of Jameson whisky produced each year. If you've ever been curious about this monumentally popular Irish whiskey, we explore Jameson's origins, distillery history, and production. Here are six things you didn't know about the iconic Jameson brand.

1. John Jameson came from Scotland

John Jameson the brand's namesake, was born in Alloa, Scotland in 1740. Originally trained as a lawyer, Jameson moved to Ireland in the 1770's, with his wife Margaret Haig (daughter of Scottish distiller John Haig).

Margaret's cousins, the Stein family, founded Dublin's Bow Street distillery in 1780, employing Jameson as general manager before he acquired ownership in 1805. In 1810, the distillery was officially renamed as 'The John Jameson and Son Irish Whiskey Company' – the brand was quickly nicknamed as Jameson whiskey.

John Jameson passed away on the 3rd of December 1823, at the age of eighty-three. Four of Jameson's sons followed him into the distilling business in Ireland, with John Jameson II taking over the Bow Street site.

William and James Jameson partnered with the Steins to found Dublin's Marrowbone Lane distillery, originally calling the business Jameson and Stein, before it was subsequently renamed, William Jameson & Co.

Despite a rivalry that emerged between the Bow Street and Marrowbone Lane Jameson distilleries, the Jamesons became the dominant distilling family in Ireland.

2. Jameson Irish Whiskey hasn't been produced in Dublin since 1975

When the Bow Street distillery was established in 1780, over 100 breweries and distilleries were operating in Dublin, provoking fierce competition. Under John Jameson's management, the distillery prospered and expanded, becoming a 'city within a city'.

By 1870, the Jamesons employed hundreds of workers in the surrounding Smithfield area, including coopers, carpenters, blacksmiths, painters, and stonemasons. By the 1880s, the Bow Street distillery site stretched across almost 6 acres of Dublin's city center.



In 1966, Jamesons merged with John Power & Son and the Cork Distilleries Company to form the Irish Distillers Group, when the emergence and growth of Irish whiskey required a larger production capacity. On 5th June 1970, the last pot still whiskey was distilled at Jameson's Bow Street site – although the distillery remained operational until 1975.

From July 1975, production shifted to the Irish Distillers Group's Midleton Distillery complex in County Cork – which now produces whiskey for brands including Jameson, Powers, Redbreast, Green Spot, and Midleton Very Rare.

The Old Jameson Distillery at Bow Street reopened as a museum in 1997. Between 2007 – March 2016, the distillery underwent a \$12.6 million renovation, which saw the attraction awarded the 'World's Leading Distillery Tour' at the 25th World Travel Awards in 2018.

While Jameson's whiskey is no longer distilled onsite, since 2016, Bow Street has been equipped with a functioning maturation warehouse, where the Jameson Bow Street 18 Year Old undergoes a finishing period before being bottled at cask strength.

3. Jameson's Bow Street distillery was occupied during the Easter Rising

In April 1916, an armed insurrection by Irish Republicans, known as the Easter Rising, began in order to liberate Ireland and its people from British rule. While the uprising was occurring, the Republican rebels captured Jameson's Bow Street site stationing a sniper on the distillery roof to oversee street fighting on

nearby North King Street. Many rebel-controlled buildings were destroyed or heavily damaged, although Bow Street remained relatively unscathed.

ARTICLE BY:
THEWHISKEYWASH.COM



Jameson's company records and payroll accounts for April 24th-29th 1916, during the uprising state 'All Employees Paid in Full' – evidencing that the distillery employees were provided for during the turmoil.

4. Jameson uses locally sourced barley

The Jameson brand uses a combination of malted and un-malted barley, which is locally sourced from Southern Ireland, working with over 200 farmers within 50 miles of the Midleton distillery. Jamesons sources grain from farmers with barley plots ranging from 15 to 700 acres.

The barley is combined with a local water source, drawing water from the Dungourney River which flows through the grounds of the Midleton distillery. A starchy bi-product produced during the whiskey distillation process is repurposed as feed for local cattle – with the Jameson brand endorsing sustainable and eco-friendly production.

The Irish whiskey is distilled in copper pot stills three times to ensure its smoothness.

5. Jameson Irish Whiskey wasn't sold by the bottle until 1963

Before 1963, Jameson whiskey was only sold in bulk by the cask. Rather than dedicate limited resources to covering bottling costs, in the early years Jamesons sold casks to bars, bonders, and grocers domestically who would subsequently bottle the whiskey for bar sales or shop customers.

While the brand provided labels for bottles, and required cask customers to sign an annual agreement of good practice the system was open to exploitation –including mislabelling and watered-down casks. By 1963, Jameson was exporting to 68 markets worldwide, including exporting 15,000 cases annually to the United States.

Despite having partnered with a London bottling operation to supply export markets for many years, domestically Jameson did not take definite control of the spirit quality until 1963, when a bottling plant was installed at the Bow Street site – and 'Jameson Ten' became the first expression bottled at the distillery.

6. The Jameson motto means 'Without Fear'

On every bottle's brand label, the Jameson family's heraldic crest can be seen – including the motto 'Sine Metu', which translates to 'Without Fear'. Allegedly John Jameson's forebears were granted the coat of arms in recognition of the family battling and pursuing pirates along Scotland's west coast in the 17th century – hence the ship which is also depicted on the arms.

Adopted by John Jameson's Irish whiskey, the 'Sine Metu' motto has proven apt – the brand has survived the restrictions of two world wars, the Irish Civil War, and the challenge of American Prohibition. Jameson's latest rival is Irish mixed martial artist Connor McGregor, who declared his own whiskey brand 'Proper Twelve' would overtake Jameson in American sales – it hasn't.