

"What's Happening" BERGVLIET



"No man ever steps in the same river twice, for it's not the same river and he's not the same man."

~ Heraclitus ~

Dear Residents,

I hope you all had a good if not chilly week. Despite less rain you may be interested to know that the rainfall measured in Homestead Avenue [by a resident living in the road] showed a total of 406mm of rainfall in July. This is the most rain recorded in the last 42 years!

For this reason, we also asked all the nimble-fingered knitting enthusiasts in all our Villages to help knit beanies for those less fortunate. Thank you to everyone who contributed. We received just short of 100 beanies, which will go a long way in keeping the less fortunate a little warmer as we work through the last few weeks of Winter.

In this week's newsletter...

South Africa is at it again! We scored high on Time Magazine's 'World's Greatest Places' list with 2 properties so be sure to add them to your list of places to visit when planning your next SA vacation.

And if travelling by car, be sure to read our article on fynbos and lilies to take your game of 'Eye Spy' to the next level!

As we look ahead to 'Braai Day' [Heritage Day/24 Sep] be sure to add this week's delicious Bobotie-spice Chicken to the menu!

And if like us, you've been watching the Olympics, you may be interested to know just what all is included when winning a medal.

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

Regards,
Riaan and the Evergreen Team

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IT'S A CELEBRATION

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& New Residents

OUT & ABOUT IN SA

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GREEN FINGERS

Fall In Love With Fynbos and Lilies

WHAT'S COOKING

Braai'd Bobotie-Spiced Chicken with Rice Noodles

DID YOU KNOW

What Do Olympic Medallists Really Earn?

WEEKLY ACTIVITIES

MON 5 AUG	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 6 AUG		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
WED 7 AUG	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		
THUR 8 AUG		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC SR SHARON ADAMS 
FRI 9 AUG		12h00 BISTRO LUNCH		
SAT 10 AUG	10h00 CLUBHOUSE LAWN BOULE			
SUN 11 AUG		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

8 AUG TRULA HUMAN – H45
9 AUG HANS HAMMEL – APT111



ANNIVERSARIES

9 AUG CHARLES AND GAELE FOSTER – H
14 AUG IAN & ALISON MCDONALD – H17
18 AUG BRIAN & CAROL DALTON – APT
25 AUG MICHAEL & CLAUDIA BURCHELL – H40
28 AUG HANS & HANNELEN HAMMEL – APT 111





Sonnenhof

LUNCH MENU
5-8 AUGUST

MONDAY

Tomato bredie served with rice and seasonal vegetables
or
(V) Vegetable Bredie served with rice and side salad

TUESDAY

Homemade sausage roll with gravy, chips and seasonal vegetables
or
(V) Vegetable curry pie with gravy, chips and seasonal vegetables

WEDNESDAY

Butter chicken curry with rice, roti and sambals
or
(V) Black bean and chickpea stuffed butternut, with a side salad


THURSDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) Vegetable chow mein with egg noodles

~ includes a glass of house wine or coffee ~

FRIDAY

Public Holiday



Bookings close the day before the meal at 14h00. Monday orders close on a Friday at 14h00 | Book at Reception or on ext. 3200 | R80pp - (V) R70



Sonnenhof

BISTRO

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

T U E S D A Y , 1 3 A U G U S T

Main Course

Beef Fillet

with beetroot puree, fried butternut and a chocolate jus

or

Creamy Tuscan Salmon Tagliatelle

with charred vine tomatoes and spinach

Dessert


Deconstructed Lemon Meringue

with strawberry coulis

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

SOCIAL COMMITTEE

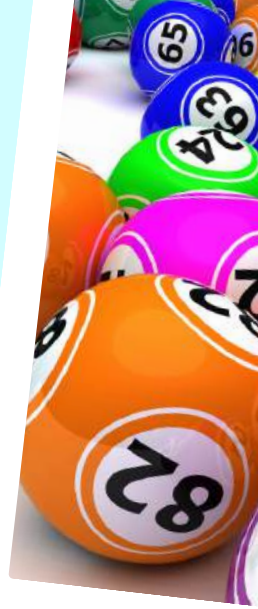
The Evergreen Bergvliet Social Committee has been instrumental in organizing numerous fantastic social events throughout the years.

This year, several members of the "old guard" stepping down, which will leave the committee short-handed to carry out their valuable work within our community.

We are reaching out to anyone who would like to contribute to the planning of social events in the Village to join the team.

To learn more about this exciting opportunity, contact:

Yolanda Bond-Smith
At Ext. 3046



FINANCIAL WELLNESS

BY KENNY MEIRING

HOW TO IMPROVE YOUR INCOME WHEN RETIRED

A common problem that retired people face after being on pension for a couple of years is that the pension they are receiving does not seem to be going as far as it used to. This is because pensioner inflation is usually a lot higher than any pension increases that they are receiving.

I SHARE SOME IDEAS ON WHAT CAN BE DONE TO:

- Increase the monthly pension by using different types of annuity.
- How to reduce the amount of tax paid on the income.
- How to invest your retirement funds correctly to ensure that you do not run out of money.



DATE: THURSDAY, 15 AUGUST

TIME: 10H00

VENUE: BISTRO

**RSVP: AT RECEPTION OR ON
EXT. 3200**

BINGO NIGHT

FRI | 16 | AUG
DAY | 2024

18H00
CLUBHOUSE

R80_{pp}

Cold meats and
salads provided
by the Catering
Committee

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



THE RUGBY CHAMPIONSHIP



10-AUG				
AUSTRALIA	VS	SOUTH AFRICA		06H30
NEW ZEALAND	VS	ARGENTINA		09H05
17-AUG				
NEW ZEALAND	VS	ARGENTINA		09H05
AUSTRALIA	VS	SOUTH AFRICA		11H45
31-AUG				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
01-SEP				
ARGENTINA	VS	AUSTRALIA		00H00
07-SEP				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
ARGENTINA	VS	AUSTRALIA		21H00
21-SEP				
AUSTRALIA	VS	NEW ZEALAND		07H45
ARGENTINA	VS	SOUTH AFRICA		23H00
28-SEP				
NEW ZEALAND	VS	AUSTRALIA		09H05
SOUTH AFRICA	VS	ARGENTINA		17H00



Possible viewing events in clubhouse.
Details to be confirmed

NSRI Presentation



**NATIONAL
SEA RESCUE
INSTITUTE**

Guest Speaker

Theresa Medicine will be sharing about our exciting initiatives like the Pink Rescue Buoy and Drowning Prevention campaigns, & how we save the lives of people & animals on South African waters.

Come join the exciting presentation with a slide show. There will be a small keep-sake for every person that attends.

Hope to see you there.



Date: Friday, 23 August

Time: 14h30

Venue: Bistro

Please RSVP at Reception or on Ext. 3200

Two SA Spots Listed In TIME Magazine's 'World's Greatest Places'



ARTICLE BY:
SAPEOPLE.COM

TIME MAGAZINE HAS RELEASED ITS ANNUAL 'WORLD'S GREATEST PLACES' LIST AND NOT ONE, BUT TWO SOUTH AFRICAN PLACES HAVE FEATURED.

TIME Magazine revealed the sixth installment of its annual World's Greatest Places List, with this year's selection highlighting 100 extraordinary destinations worldwide, categorized into places to stay and places to visit.

To compile this 'great' list, TIME asked for nominations of places, including hotels, cruises, restaurants, attractions, museums, parks, and more, from its international network of correspondents and contributors, as well as through an application process, with an eye toward those offering new and exciting experiences.

With last year's list featuring 50 cities, this year TIME decided to feature establishments that stand out in their field, and the world.

Amongst these 100 Great Places, two South African spots were named. These were the Grootbos Florilegium in Gansbaai, and Magugu House in Johannesburg.

GROOTBOS FLORILEGIUM IN GANSBAAI, WESTERN CAPE

The Grootbos Florilegium, located in the Grootbos Private Nature Reserve in Gansbaai, is a museum devoted to the small wonders of nature and features a collection of nearly 250 botanical illustrations and portraits of insects, butterflies, and other pollinators commissioned from 44 international artists.

"Opened in September 2022 and continually growing, the museum aims to instill in its visitors a love of South African vegetation and the passion to protect it through public tours and by funding local school programs with the sale of botanical prints." TIME wrote.

MAGUGU HOUSE IN JOHANNESBURG, GAUTENG

Opened by fashion designer, Thebe Magugu, who has collaborated with Dior and shown collections at London and Paris Fashion Weeks, Magugu House is a retail space and showroom complete with an two micro galleries which hosts fashion events and exhibitions.

"The new retail space and showroom from a designer known for colorful storytelling is located in a 1930s heritage building in the leafy suburb of Dunkeld; it's his first brick-and-mortar, complete with an two micro galleries." TIME said.





FALL IN LOVE WITH FYNBOS AND LILIES



FIERY FYNBOS

Fynbos is a specific group of vegetation that is known as Proteaceae. Fynbos has expertly adapted over millions of years and has thus become the world's most diverse plant habitat, even more than a tropical rainforest.

Proteas

King Pink is our national flower and a dramatic addition to the garden. They enjoy full sun in beds and containers, are drought and frost-hardy, and make for stunning cut flowers. Enjoy their bold blooms from July to October every year.

Ericas

Fairy Confetti is a sweetheart shrub with masses of tiny pink flowers that add happiness to the garden. Their pretty blooms can be expected from spring, along with the many indigenous wildlife visitors they attract. Plant then in full sun in beds or pots.

Leucospermums

The Scarlet Ribbon is a vigorous grower with no shortage of blooms.

Their intricate flower heads will bring any bed or container to life with striking red, orange, and yellow details. Grow then in full sun and enjoy their flowering time from September.

Leucadendron range

Inca Gold is a decorative foliage plant with bright green, lime/yellow leaves that contrast perfectly with their pink edges. Grow them in full sun beds where you can look forward to a unique flower show from November to September.

LUXURY LILIES

In the spotlight: The calla lily (*Zantedeschia* sp.) is a remarkable flowering plant that epitomises sophistication. Available in a variety of colours, these beauties perform best in full to semi-sun with moist soil. Grow them in containers on the patio or along bed edges to create a stylish, vibrant border. Transplant your calla lilies from the end of August followed by a monthly dose of fertiliser during their flowering period.

Top tip: Calla lilies require a dormant period once flowering has ceased. During this time, refrain from watering as much to allow the plant to die back.

If you are looking for a local plant with personality and quirk, try the pineapple lily (*Eucomis*). This charmer is a miniature floral representation of the pineapple fruit, so you can only imagine the attitude this plant packs.

They are very frost and cold tender, so grow them in containers where they can be moved when needed. Pineapple lilies enjoy well-prepared, deep soil in full sun spots.

Shade-loving, butterfly attracting, showy and cut-flower perfect – it can only be the white spider lily (*Hymenocallis speciosa*). They boast umbels of white, sweetly scented blooms that rest dramatically upon tall bare stems. These odd yet elegant gems are ideal for beds under trees with dappled shade or indoors with bright natural light. Water them well during flowering in fast-draining soil.

ARTICLE BY:
ATLANTICFERTILISERS.CO.ZA



BRAAIED BOBOTIE- SPICED CHICKEN WITH RICE NOODLES

ARTICLE BY:
FOOD&HOME MAGAZINE

A BRAAI DOESN'T HAVE TO BE LOADED WITH HEAPS OF FATTY MEATS. ENJOY THE LIGHTER SIDE OF A BRAAI WITH THIS BOBOTIE-SPICED CHICKEN WITH RICE NOODLES RECIPE.

INGREDIENTS

- 4 cloves garlic, coarsely chopped
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp turmeric
- ½ tsp sea salt
- ¼ cup canned coconut milk
- 2 tsp fish sauce
- 4 x 250 g chicken breasts

LIME DRESSING

- ¼ cup lime juice
- ¼ cup fish sauce
- 2 tbsp sugar
- 1 ½ tsp sesame oil

NOODLES

- 480 g butternut, peeled into long strips
- 100 g dried rice vermicelli noodles
- 250 g golden yellow tomatoes, halved
- ¼ cup crispy onion sprinkle
- 1/2 cup fresh mint leaves

INSTRUCTIONS

- Pound garlic, curry powder, cumin, turmeric and salt with a mortar and pestle to a smooth paste. Stir in coconut milk and fish sauce. Rub all over chicken. Place chicken in a dish, cover and refrigerate for a minimum of 1 hour or preferably overnight.
- Preheat oven to 180°C.
- Line a tray with baking paper. Heat a large grill plate (or braai) over medium-high heat. Cook chicken for 3 minutes on each side or until dark grill marks appear. Transfer chicken to the tray.
- Roast for 12 minutes or until just cooked through. Cover loosely with foil to keep warm; stand for 5 minutes. Slice thickly.

FOR THE LIME DRESSING

- Combine ingredients in a bowl, stir until sugar dissolves.
- For the butternut and rice noodles
- Place butternut and noodles in a heatproof bowl. Cover with boiling water. Stand for 1 minute, then drain. Transfer to a bowl of iced water and drain again.

TO SERVE

- Add noodles and carrots to a serving bowl, toss gently with tomatoes and dressing. Sprinkle with crispy onion sprinkle and serve chicken, lime wedges and fresh mint.

Here's how much athletes at the Paris Olympics earn for winning medals



ARTICLE BY:
CAPETOWN{ETC}

Aside from a medal, a stuffed toy of the Olympics mascot and a “mysterious” box containing the official event poster, some medalists receive additional financial rewards for their efforts. While the IOC does not give out prize money for winning medals, several home countries do reward their athletes with medal bonuses. The 2024 Paris Olympics are well underway, with dozens of medals already handed out. Aside from a medal, a stuffed toy of the Olympics mascot and a “mysterious” box containing the official event poster, some medalists receive additional financial rewards for their efforts. While the International Olympic Committee does not give out prize money for winning medals, several countries do reward their athletes with medal bonuses.

Below are some of the payouts, based on information compiled by CNBC from national Olympic committees, sports associations and local reports.

Olympic medal bonuses

Here's how much money athletes get for finishing on the podium.

Country	Gold	Silver	Bronze
Hong Kong	\$768,000	\$384,000	\$192,000
Singapore	\$745,000	\$373,000	\$186,000
Indonesia	\$300,000	\$150,000	\$60,000
Israel	\$271,000	\$216,000	\$135,000
Republic of Kazakhstan	\$250,000	\$150,000	\$75,000
Malaysia	\$216,000	\$65,000	\$22,000
Spain	\$102,000	\$52,000	\$33,000
France	\$87,000	\$43,000	\$22,000
South Korea	\$45,000	\$25,000	\$18,000
United States	\$38,000	\$23,000	\$15,000
Japan	\$32,000	\$13,000	\$6,000
Poland	\$25,000	\$19,000	\$14,000
Germany	\$22,000	\$16,000	\$11,000
Australia	\$13,000	\$10,000	\$7,000

HIGHEST PAYOUTS

Hong Kong and Singapore offer the highest payouts for their Olympic victors.

Cash incentives for Hong Kong athletes competing in Paris jumped 20% from the Tokyo Summer Olympics. Gold medalists will receive 6 million Hong Kong dollars (\$768,000), Hong Kong’s chief secretary for administration, Chan Kwok-ki, announced early July. Silver and bronze medalists stand to earn HK\$3 million and HK\$1.5 million, respectively.

This year, the city is slated for hefty payouts due to an early crop of medals in swimming and fencing. Vivian Kong won Hong Kong’s first medal at the Paris Games, topping the podium in the women’s epee individual event.

Fellow fencer Cheung Ka-long also won gold in the men's individual foil event, while swimmer Siobhan Bernadette Haughey bagged a bronze medal in the women's 200-meter freestyle.

Singapore gives Olympic medalists 1 million Singapore dollars (\$745,300) for gold, SG\$500,000 for silver and SG\$250,000 for bronze. The city-state has only dispensed the top cash bonus to one athlete: Joseph Schooling. The now retired swimmer defeated the United States' Michael Phelps in the 100-meter butterfly at the Rio Olympics in 2016 to win gold.

Other governments dangling six-figure cash rewards for their gold medalists include Israel, Malaysia, Kazakhstan and Indonesia. Israel is reportedly offering a million Israeli shekels (\$270,537) for a gold medal, marking a 50% jump from what was offered for the Tokyo Games.

Host country France has also reportedly bumped up its cash incentives. Gold medalists are slated to receive 80,000 euros (\$86,528) — 15,000 euros more than what it offered at the Tokyo Olympics.

Some extend rewards to athletes outside of the podium places. Germany's Sports Aid Foundation doles out cash prizes up to eighth-place finishers at the Olympic Games. Gold medalists receive 20,000 euros.

India's Olympic athletes receive monetary rewards from both the government and its national sports body, according to local media. The government give gold medalists 7.5 million rupees (\$90,000) while the Indian Olympic Association separately offers 10 million rupees.



CARS, COWS AND APARTMENTS

In addition to or in lieu of cash, some athletes stand to receive additional winnings, such as apartments and cars from both governments and private companies.

Kazakhstan's Olympic athletes reportedly can earn \$250,000 for a gold medal, \$150,000 for silver and \$75,000 for bronze. The state also doles out apartments to medalists.

Local media reports Malaysia's National Sports Council offers a reward of 1 million ringgit (\$215,563) for individual gold medalists, while silver medalists are expected to get 300,000 ringgit and bronze medalists will be rewarded 100,000 ringgit. Some private companies in Malaysia reportedly offered other incentives, such as luxury-serviced apartments or additional cash.

All athletes who manage to secure a podium finish will also be given a "foreign-made car," according to a local media report of remarks from Malaysia's youth and sports minister, Hannah Yeoh.

South Korean medalists are awarded pensions in addition to the prize money.

On top of a 63 million Korean won windfall (\$43,288), local media report South Korea's gold medalists are also given the option of either a lifelong monthly pension of a million won, or a lump sum of 67.2 million won.

A silver medalist earns 35 million won, and a bronze medalist gets 25 million won.

Some athletes could also receive other gifts like free drinks and transportation.

Hong Kong public transit operator MTR Corp.

will give free lifetime tickets to the city's medalists, according to local media reports.

Besides 200,000 Polish zloty (\$50,374) from the Polish Olympic Committee, Klaudia Zwolińska is also reportedly poised to receive a painting, a holiday voucher, a scholarship and a diamond for claiming silver in the women's canoe slalom K1 competition.

Olympians have often been gifted quirky tokens of appreciation.

A local chain pledged that athletes who represented Malaysia at the Tokyo Games would get free food and teh tarik for life, according to local media. Teh tarik is a hot milk tea beverage that is popular throughout Southeast Asia.

Japanese table tennis player Kasumi Ishikawa was gifted 100 bags of rice after winning a silver medal at the Tokyo Games. Indonesian badminton gold medalists Apriyani Rahayu and Greysia Polii were reportedly bequeathed five cows, a meatball restaurant and a new house.

Athletes from Great Britain, Norway and a handful of other countries do not receive any direct cash bonus for placing on the podium.