

“What's Happening”

DIEP RIVER



“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

George Bernard Shaw

Dear Residents,

I hope you are all well and have had a good week.

I would like to start by saying thank you for the great turnout at Christine’s farewell and my own welcome to the Evergreen Diep River community. It was a pleasure to meet so many of you and I look forward to getting to know everyone over time.

To echo what was said last night, “this is your home” and thank you for welcoming me the way that you did. I will do my best to fill Christine’s shoes and will continue to look after your home to the best of my ability.

I was asked last night how I will be dividing my time between the two Villages. Firstly I am available every day of the week just like a Village Manager based at Diep River would be, regardless of me being on-site or not. I will however start by being based at Diep River every Wednesday and Thursday for the month of March.

This schedule might change on short notice or as operational needs arise.

I would also like to thank everyone for the positive feedback regarding the changes in our catering service. We are working hard behind the scenes to ensure we give you every reason to support the Bistro as often as possible. We are off to a great start today with 20 meals being prepared for lunch.

From Monday you will also see a Suggestion Box in the Bistro - the aim being to get feedback on meals as to what works and what doesn't so we can make changes and address any shortfalls as they arise. Please take the time to complete the comment cards for every meal.

Wishing you all a wonderful weekend ahead

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 4 MAR	 CLINIC SR SHARON ADAMS	09h30 SKY LOUNGE MOVEMENT CLASS		
TUE 5 MAR				
WED 6 MAR		10h15 POOL AQUA AEROBICS		
THUR 7 MAR			14h00 BISTRO RUMMIKUB	15h00 BISTRO TEA & CAKE
FRI 8 MAR	09h30 KIND 2 HEARING			
SAT 9 MAR				18h00 BISTRO RESIDENT BRAAI
SUN 10 MAR				



MARCH BIRTHDAYS

- 1st - Brian Quinn (Apt 21)
- 13th - Neville Gill (Apt 212)
- 14th - Margaret Veldman (Apt 109)
- 14th - Judy Sephton (Apt 217)



Bistro

M E N U

W E E K L Y L U N C H - R 4 5

MONDAY

Option 1- Grilled BBQ chicken breast with potato wedges and a side salad.

Option (V) - Vegetarian schnitzel with cheese sauce, potato wedges and seasonal vegetables.

TUESDAY

Option 1- Beef bangers with mashed potatoes, gravy and seasonal vegetables.

Option (V) - Plant-based sausage with mashed potatoes, gravy and seasonal vegetables.

WEDNESDAY

Option 1- Creamy chicken pancakes served with potato wedges and seasonal vegetables.

Option (V) - Vegetable and chickpea stir fry served with egg noodles and a side salad.

THURSDAY

Option 1 - Pork meatballs with mashed potatoes, tomato & onion relish and seasonal vegetables.

Option (V) - Vegetarian "meatballs" with mashed potatoes, tomato & onion relish and seasonal vegetables.

FRIDAY

Option 1 - Fish and chips with a side salad and tartar sauce

Option (V) - Creamy spinach mac and cheese with a garlic roll and a side salad.

SATURDAY

Take-away only - Bobotie with yellow rice and sautéed vegetables

SUNDAY

Take-away only - Southern fried chicken, roast potato, creamy baked cauliflower and minted peas

Meal orders close on the day before the meal is ordered for at 14h00 |
Weekend take-away and Monday orders close on a Friday at 14h00

WHAT'S IN WHITE VINEGAR? PLUS 11 WAYS TO USE IT



First, it can be used as a cheap, effective rinsing agent to get your glasses, plates, and other dishes sparkling clean.

Second, it can help to clean the dishwasher itself: Once a year or so (more if you have hard water), pour a cup of white vinegar into an empty dishwasher, then run it for a short cycle to get rid of the lime and soap build-up that can prevent your dishwasher from working at peak efficiency.



Vinegar and Car Care

Still sporting a bumper sticker you'd rather not display any longer? Remove it with a few squirts of undiluted distilled white vinegar. You may need to reapply the vinegar a few times to completely loosen the bumper sticker.

Additionally, vinegar can be used as a glass cleaner and deodorizer in your car; you can even add it to your windshield wiper reservoir to keep your glass shiny if your car's owner's manual suggests it.

ARTICLE BY:
THESPRUCE.COM

White vinegar is a safe, green, and inexpensive ingredient for cleaning just about anything. Though there are various types of vinegar, distilled white vinegar is commonly used for housecleaning.

What is White Vinegar Made Of?

White vinegar, a clear, sour-tasting liquid, is fermented alcohol comprised of varying degrees of acetic acid and water, depending on the type. But there's a multitude of uses for distilled white vinegar that go beyond cleaning—from yard care to pet care and more. Read on to learn about 10 surprising uses for that bottle or jug of distilled white vinegar sitting in your pantry.

TIPS

Different types of vinegar have varying levels of acetic acid mixed with water. Note that a 1 percent difference in acetic acid content is significant.

- **DISTILLED WHITE VINEGAR:** 5 percent acetic acid (for kitchen and household use)
- **APPLE CIDER VINEGAR:** 5 to 6 percent acetic acid
- **CLEANING VINEGAR:** 6 percent acetic vinegar (also known as white vinegar, but is not the same as milder distilled white vinegar, and not for kitchen use)
- **HORTICULTURAL/INDUSTRIAL VINEGAR:** 20 to 30 percent acetic acid (not for kitchen use)

Natural Weed Killer

You don't always need horticultural vinegar for your weeds. Distilled white vinegar is strong enough to kill weeds, as well as plants you actually like, so instead of spraying it recklessly around your yard or garden, try painting it directly on the leaves of whatever plant you're trying to get rid of.

Of course, if you're attacking weeds that sprout up from cracks in your asphalt, fire at will. For best results, use distilled white vinegar on a day of dry, sunny weather; vinegar needs some time in the sun to work its deadly magic on weeds.

Vinegar and Pet Care

Dogs and cats can often be bothered by itchy, scaly ears, especially if you have a dog with floppy ears like a retriever. Dilute distilled white vinegar in a 1-to-4 ratio (1 tablespoon vinegar to 4 tablespoons water, for example), and let it soak into a clean rag. Then use the rag to wipe out the inside of your pet's ears.

And if your pet gets sprayed by a skunk, vinegar is an easier acid to use than ketchup for getting rid of the smell, since ketchup itself doesn't rinse off all that easily. Finally, if unwanted cats are creeping around your yard, spray or pour vinegar onto their favorite litter box; felines can't stand the stuff!

Vinegar in the Dishwasher

There are at least two great uses for distilled white vinegar in your automatic dishwasher.

Vinegar is acidic enough to ruin some motor parts, so don't add it to your windshield washer fluid if your owner's manual advises against it.

You can also wipe down your windows with diluted vinegar in winter to keep them frost-free.

Vinegar and Cut Flowers

There are all kinds of theories about ways to extend the life of cut flowers. Some folks swear by a copper penny, and others add lemon-lime soda or an aspirin. Try adding a few tablespoons of distilled white vinegar to the water, plus a dash of sugar.

Most of the preparations seem to focus on one biocide (vinegar, bleach, copper), plus one source of sugar as a food supply. Vinegar and Cleaning Tiles

Most people reach for the bleach when confronted with grungy or discolored ceramic tile, grout, and caulk.

But distilled white vinegar is not only effective at cleaning and whitening tiles and grout, but it's also safer than chlorine bleach (especially for households on a septic tank, where bleach should never enter).

Just spray full-strength vinegar on grout and caulk in the shower or kitchen, let it soak in for at least an hour, then scrub it off with a brush. (Use vinegar on grout infrequently or it can dry it out.)

TIP

Distilled white vinegar often needs to be diluted when used to clean surfaces. For example, you would need to dilute a cup of vinegar with a gallon of water to clean wood floors, but you would want full-strength vinegar to clean mildewed tile and grout.

Vinegar and the Laundry

Distilled white vinegar has so many laundry-related uses that it's often stored right next to the detergent in green laundry rooms.

For removing stains like mustard, ketchup, tomato sauce, grass, and underarm deodorants, spray a little white vinegar onto the stain before laundering. Soaking whites in vinegar will help bring back their whiteness.



And just like in your dishwasher, vinegar helps to break down detergent when added to the rinse cycle, making clothes fresher, more colorful, and it gets rid of funky towel mildew. One cup should be plenty; add less when using a front-loading washing machine

Hard-Water Stains and Vinegar

If your toilet bowl, bathtub, or sink has lime deposits from hard water, soak or spray distilled white vinegar onto the grit. It should loosen the deposits enough to remove them easily.

And for any appliance or fixture that's not working right because of hard water—especially irons, showerheads, and faucets—soak or spray distilled white vinegar and let the deposits crumble away.

House Cleaning With Vinegar

Distilled white vinegar is one of the world's best all-purpose green cleaners with dozens of cleaning uses.

Diluted distilled white vinegar on a soft, lint-free cloth is excellent for cleaning windows, hardwood floors, carpet stains, fireplace bricks and irons, computer screens, devices, shower curtains, upholstery, mattresses, wood furniture (when combined with olive oil), and glassware.

If it's in your house, you can probably clean it with vinegar.

Cooking With Vinegar

There are many kinds of vinegar for culinary use, such as balsamic and rice vinegar. But distilled white vinegar is also a staple in the pantry for cooking and baking, so it pays to keep a gallon jug on hand.

The tangy taste of distilled white vinegar can balance out the sweetness when making dressings, sauces, and marinades. The acid in the vinegar is also helpful during marinating to tenderize meats.

And who knew that 1 tablespoon of vinegar could turn a cup of whole milk into buttermilk to make those fluffy pancakes? In addition, distilled white vinegar (used in tandem with baking soda) is sometimes used in baking as a substitute for eggs.



CREATE YOUR OWN MEDITATION GARDEN



No matter the space you're working with, a meditation garden is a gift you can give yourself for emotional self-care – a place where you can drift off into a state of mindful calm whenever you like. Creating one is easier than you think and can add to the serene environment your garden should be.

Anyone can meditate

Meditation enables you to focus your mind on one thing without distractions or invasive thoughts interfering. Irrespective of the context that it's practised in, meditation brings you back to basics, silencing mental clutter and promoting mindfulness.

Mounting evidence shows the physical and mental benefits of including this practice in your daily or weekly routine. Beyond the more predictable mental health advantages, meditation even has anti-inflammatory and anti-ageing benefits.

Follow these steps to lay the foundations of a meditation garden that will give you hours of peace and tranquillity – and support a healthy mind and body.

Step 1. Find a spot that says 'Zen'

Meditation starts with a slowing down of breathing, thoughts, and movements. For this, you need a naturally quiet space. Of course, in a garden, there are bound to be the instruments of nature's soundtrack (birdsong, cicadas, rustling trees, etc.), but these are welcome.

Think about the area in your garden that's already a bit of a natural retreat, where you can barely hear the neighbour's drum practice or their incessantly barking Jack Russell.

If you're lucky enough to have a pond or a small stream running through your green oasis, consider positioning your meditation garden nearby. Ideally, you want a spot that has good natural or dappled light.

Step 2. Clear away clutter

Remove any clutter, like unwanted branches and any other debris covering the ground, that takes away from the setting you aim to create.

If any portable plants in this area could work as part of your meditation garden, keep them where they are; otherwise, find a new home for them elsewhere.

What you see in your meditation garden is also important. Test out your different perspectives when sitting or standing in your meditation spot. Remove any immediate eyesores (that rusty wheelbarrow or broken chair you've been meaning to take to the rubbish dump).

Step 3. Add structure to your meditation garden

While a meditation garden doesn't need four walls and a door, creating a bit of a flow with a sitting area and a trellis or other natural material divider can make the space more enticing and add to your sense of calm. A trellis, in particular, is helpful if you consider adding a beautifully scented creeper like jasmine. The spot should instantly transport you away from the daily hustle and bustle.

ARTICLE BY:
GARDEN & HOME

Consider putting down pavers that lead in from the broader garden, creating a special decorative path to your meditation space. If you prefer to meditate sitting on an elevated surface as opposed to the ground, pick a wooden or bamboo bench and, for extra comfort, add some pretty cushions.

Step 4. Welcome in wildlife

Birds and other creatures are key to the healthy functioning of your garden ecosystem. Adding accessories that attract birds can add an immediate sense of tranquillity. The mental health benefits of the interconnectedness between humans and nature are undeniable.

Tips for inviting in wildlife and boosting overall environmental wellness:

If you have space, install a water feature – even if only a small one. The sound of trickling water can transform the meditation potential of an outdoor area. Plus, birds, dragonflies, and even frogs are drawn to water sources in your garden.

A small bird bath can attract birds easily without needing an extra water supply setup.

Ornamental grass has various benefits for creating a holistic environment in your meditation garden. We love it for the mesmerising way it gently sways in a slight breeze and that it draws seed-eating birds in. Yes, your meditation garden is meant to be a calming space, but of course, you can bring in pops of colour – especially if it will invite your local bee colony for a visit.

Step 5. Satisfy the senses

Hanging one or two wind chimes in the closest tree can bring in another auditory calming element. Even on the stillest of days, the gentle jingle of chimes can set the mood for a meditative moment.



When it comes to smell, there's a direct link between odours and our emotions, so plants with pleasant, calming scents should be on your shopping list.

Some of our favourites:

- Lavender
- Jasmine
- Rosemary
- Gardenia
- Scented geraniums

Place ornamental candles dotted through your meditation garden at varying heights for another lovely

sensory element. These will help to create a calming ambience especially in the late afternoon or early evening. Position them in clusters to create a cosy, calming glow for your space.

Make it your own

Different calming garden elements work for different people, so always be open to experimenting and evolving your meditation garden. Slight tweaks as the seasons change are part of the fun, and you'll likely find meditation becomes one of your regular garden activities as your dedicated space grows.





WHAT'S COOKING?

AIR-FRYER STEAK

WITH CAFÉ DE PARIS BUTTER

RECIPE

SERVES

4

DIFFICULTY

Easy

PREP TIME

15 minutes

COOKING TIME

15 minutes

INGREDIENTS

For the café de Paris butter:

- 20 g parsley
- 2 cloves garlic, chopped
- 125 g butter
- 1 t curry powder
- ½ ground turmeric
- 1 Worcestershire sauce
- 1 lemon, juiced
- ½ t paprika
- salt, to taste

For the steak:

- 2 x 150 g rib-eye steaks
- 2 T olive oil
- sea salt and freshly ground black pepper, to taste
- frozen chips, cooked, for serving


COOKING INSTRUCTIONS

1. Blend the butter ingredients until smooth. Place into a bowl, cover and chill.
2. Preheat the air-fryer to 200°C. Rub the steaks with olive oil and season.
3. Place the steaks in the air-fryer basket and cook to your liking as per notes below.
4. While the steaks are resting, place the butter into a bowl and melt in the air-fryer for 5 minutes at 180°C.
5. To serve, slice the steaks and pour over the butter. Serve with frozen potato chips cooked in the air-fryer at 180°C for 10–15 minutes.

COOK'S TIP:

For a rare steak, set the time on your air-fryer to 10 minutes at 200°C and turn the meat after 5 minutes. For a medium steak, set the time to 12 minutes and turn at 6 minutes. Rest the steak for 3 minutes.

ARTICLE BY:
TASTE MAGAZINE



DOSE UP ON VITAMIN D THIS SUMMER

"In the pursuit of overall well-being, the significance of Vitamin D cannot be overstated, as it plays a pivotal role in various bodily functions, impacting bone health, immune system support, and overall vitality."

Among the 'alphabet' vitamins, vitamin D1 ranks high in its importance because it is one of the nutrients with one of the highest rates of deficiency (together with vitamin A2 and vitamin B12) in modern society.

Factors such as decreased exposure to ultraviolet (UV) rays due to broad-spectrum sunscreens and less time spent outdoors (50-90% of vitamin D is absorbed through the skin via sunlight), lower dietary intakes, and poor absorption due to common digestive issues such as celiac disease, inflammatory bowel disease (IBD), chronic pancreatic insufficiency, and cystic fibrosis, among others, all contribute to the rising prevalence of vitamin D deficiencies. "Of the multiple strains found in probiotics, the two most prevalent are Lactobacillus and Bifidobacterium."

DOWN ON VITAMIN D

We need adequate vitamin D for optimal bone health, as it regulates calcium absorption, and proper immune function. This important vitamin also regulates the expression of genes across at least 160 pathways that have a wide variety of biologic functions, and plays an important role in human development in the womb.

When we don't get enough vitamin D, we can experience numerous health-related issues. For instance, vitamin D deficiency is associated with rickets in children and osteoporosis in adults, as well as cancer, cardiovascular disease, diabetes, autoimmune diseases, and depression.

BROAD HEALTH BENEFITS

Emerging research continues to affirm vitamin D's essential role in human health and continually expands the list of conditions and diseases that are linked to deficiency. For example, a study published in 2023 that gave 60,000 IU per month of vitamin D3 to half of the 21,302 elderly (aged 60-84) participants in the study (the other half received a placebo) determined that: "Vitamin D supplementation might reduce the incidence of major cardiovascular events".

This finding was echoed in another 2023 study published in the American Heart Journal, which found taking higher-than-recommended doses of vitamin D for five years reduced the risk of atrial fibrillation in older men and women. And a meta-analysis published in 2021 in the journal Nature Reviews Endocrinology, affirmed the need to correct severe vitamin D deficiencies, as research reviewed in the analysis showed that "supplementation of individuals with vitamin D deficiency modestly delays age-related bone loss and progression to T2DM, and improves lung function" and that "vitamin D supplementation results in a modest decrease in cancer mortality".

In relation to vitamin D's link to reduced cancer risk, researchers from the University of Eastern Finland and Kuopio University Hospital observed fewer cases of melanoma among regular users of vitamin D supplements than among non-users. The findings were published in the journal Melanoma Research.

And there are potential brain benefits, too, as findings from a recent large-scale study suggest that taking vitamin D supplements may help ward off dementia.

When researchers at the University of Calgary's Hotchkiss Brain Institute in Canada and the University of Exeter in the UK explored the relationship between vitamin D supplementation and dementia, the team found that taking vitamin D was associated with living dementia-free for longer, and that the group who took supplements experienced 40% fewer dementia diagnoses.

BOOSTING VITAMIN D LEVELS

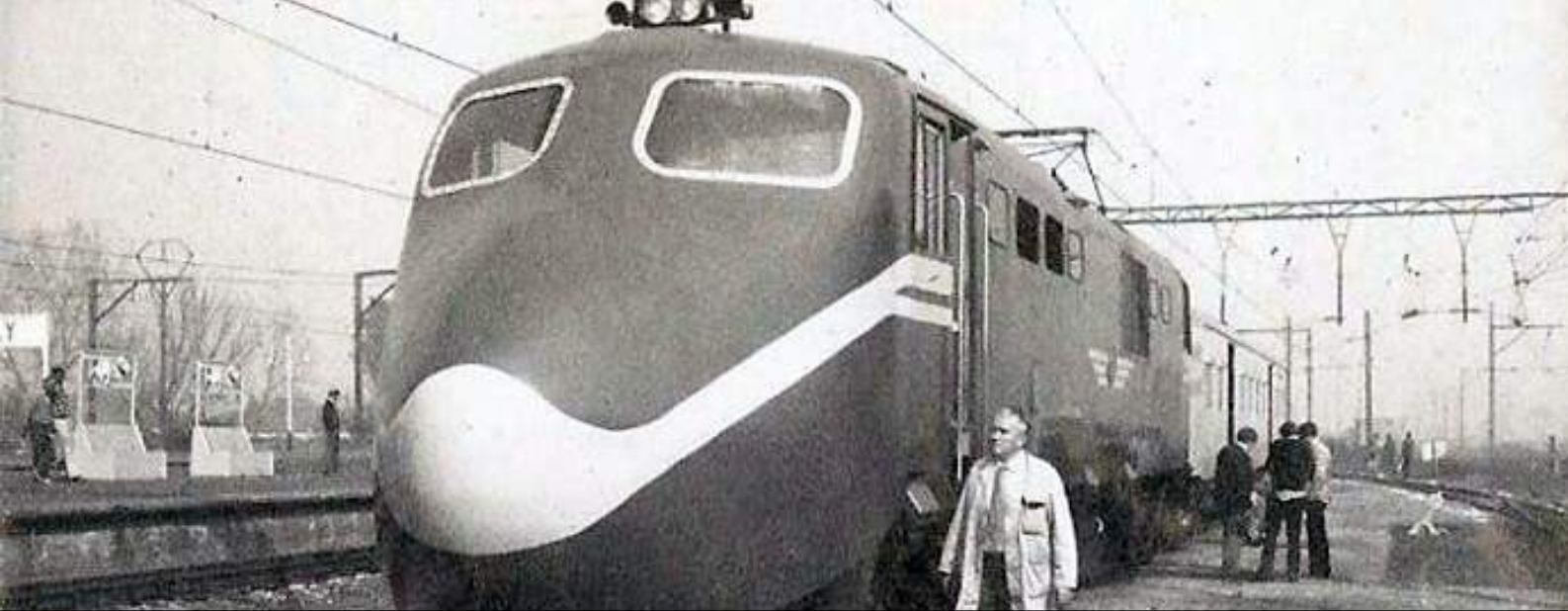
Your body primarily creates vitamin D through direct sun exposure by synthesising cholesterol via the action of sunlight on a form of vitamin D contained in the skin called cholecalciferol (also known as vitamin D3), which is then stored in the body as it is a fat-soluble vitamin.

We also get vitamin D from dietary sources including egg yolks, beef liver, and fatty fish such as tuna, herring, mackerel and salmon, as well as fortified dairy and cereal products. In supplement form, vitamin D is available in capsule or tablet form, most commonly as vitamin D3 (cholecalciferol). These products aim to increase circulating vitamin D levels.

We also have the option to use a sublingual spray to deliver vitamin D directly into the bloodstream to boost levels as it diffuses through tissues under the tongue, an area rich in blood vessels.

As vitamin D requirements are highly individualised, any recommended supplemental approaches should be determined in consultation with a qualified healthcare practitioner.

ARTICLE BY:
DISCHEM MAGAZINE



SOUTH AFRICA HAD A HIGH-SPEED TRAIN 40 YEARS AGO

Do you know that South Africa already had a high-speed train (HST) nearly four decades ago?

Many people have criticized or poked fun at President Cyril Ramaphosa's promise to deliver high-speed "bullet" train services in South Africa since his 2019 State of the Nation Address.

Bullet trains operate on the fastest high-speed rail (HSR) services, with speeds over 400km/h.

In a country where railway infrastructure is regularly devastated by vandalism and theft, it is no wonder that South Africans would be sceptical of the feasibility of such services. Little progress has been made on Ramaphosa's promise in the past five years.

The latest development in this regard was cabinet's approval of a framework for HSR in November 2023. This will initially focus on the Johannesburg to Durban corridor.

ARTICLE BY:
MYBROADBAND.CO.ZA

Definition of HSR not that simple
There is no formal standard for a service to qualify as HSR.

The generally accepted rule has been that a purpose-built railway system should support speeds over 250km/h, while those with upgraded lines should be capable of carrying trains at speeds over 200km/h to be considered HSR.

South Africa achieved those speeds with several experimental locomotives in the 1980s.

Dr Herbert Scheffel of the South African Railways (SAR) was a key figure in South Africa's advancements in HSR.

He first started experimenting with bogies — the structures underneath a wagon, coach, or locomotive connected via bearing — which were capable of self-steering.

These reduced the flange wear on cargo wagons in the 1970s but also made it possible for HSR passenger train testing.

In 1978, a Series 4 locomotive with the designation E1525 was modified with re-gearred traction motors, Scheffel bogies, and an aerodynamic nose cone at one end.

With these changes, the locomotive reached a speed of 245km/h while pulling an adapted suburban coach on a section of rail between Westonaria and Midway on 31 October 1978.

This is still regarded as an unbeaten narrow gauge world speed record on 1,067mm Cape gauge, used in many former British colonies.

Two years later, in November 1980, the E1525 locomotive was again used to test the British Rail-Brecknell Willis single-arm high-speed pantograph.

Pantographs are the parts of electric trains used to connect them to the overhead electrical wiring, called the catenary.



“The livery of the Metroblitz is striking, to say the least – starting with a broad red band, then narrower yellow band below the window level, thereafter dark grey and followed by a yellow and red band above the windows.”

Despite being well received by commuters, the MetroBlitz would only remain in operation until the following year.

According to Transportation History, its short lifespan was due to significant infrastructure costs, the need to accommodate the schedules of slower-moving train services on the same tracks, and stiff competition from other modes of transportation in the region.

The locomotives did not go to waste, however.

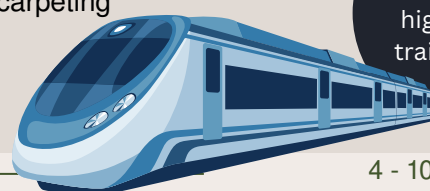
They were repainted and replaced the Class 6E1 locomotives on the Blue Train service between Pretoria and Kimberley. They operated on this service until 2005, before being replaced by dual voltage Classes 14E and 14E1.

Four of the five locomotives were sold on auction by Transnet Freight Rail and scrapped, while one was stored at Koedoespoort by the Transnet Heritage Foundation.

South Africa’s fastest passenger train service currently in operation — the Gautrain — has a top speed of 160km/h.

The video embedded below tells more of the story behind the first high-speed train experiments in South Africa and the MetroBlitz.

[Click here to see what the high speed train looked like.](#)



The pantographs were being considered for use on the Class 6E1 locomotives and could support speeds over 145km/h on catenary that typically only handled speeds up to 80km/h.

On a 10km stretch of straight rail between Rosslyn and De Wildt, the trials with the pantograph achieved a speed of 201km/h.

MetroBlitz — The Gautrain of 1984
These developments helped inform the eventual decision to introduce an HSR service between Johannesburg and Pretoria, dubbed the MetroBlitz. The MetroBlitz service used 3kV DC Class 12E locomotives, modified single-cab versions of Class 6E1 Series 10 locomotives.

Five of these were built and delivered to SAR by Union Carriage & Wagon in Nigel and fitted with electrical equipment supplied by General Electric.

In early 1984, the South African Transport Services (SATS), the evolution of the SAR, launched the MetroBlitz. It replaced the Jacaranda Express, a commuter service that took roughly 58 minutes to cover a 69.4km route between Pretoria and Johannesburg via Germiston.

The Metroblitz could complete that trip in roughly 42–44 minutes, with a top speed of 160km/h regularly recorded.

This is the same as the top speed as the Gautrain, which would only launch 26 years later.

Transportation History, a blog run by the American Association of State Highway and Transportation Officials (AASHTO), said among those travelling on MetroBlitz’s trains on their first day of service was railroad writer Bruno Martin.

Martin penned a piece on his experience in the newsletter of the Natal chapter of the Railway Society of South Africa, in which he described the MetroBlitz’s launch as the entry into a new era for rail transport in South Africa.

He said the overall ride was extremely smooth with “very little jolting” and commented on the interior and exterior design.

“The fully air-conditioned coaches are each fitted with 60 aircraft-type seats in a chequered red/grey material and the floor is covered with plush red carpeting throughout.”