

“What's Happening”

DIEP RIVER



“I don't trust anyone who doesn't laugh.”

Maya Angelou

Dear Residents,

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

My couple of days at Evergreen Diep River has flown past. Thank you to everyone who popped into the office to say hello and stopped for a chat in the passages.

A BIG thank you also for the increased support we have already seen in the Bistro. The week did not go without a few hiccups but we are certainly working hard behind the scenes to ensure we bring some consistency to the quality of the meals. We are making sure we work through every comment card completed in the Bistro and this week's menu has already been adjusted to meet some of the dietary requirements and preferences you have highlighted.

With the changes in the approach to the catering service, we have included one Sunday lunch to be served in the Bistro. With an early Easter weekend this year, we have decided to serve a special Sunday Lunch on Easter Sunday and we look forward to having a full Bistro. You will find the menu on page 4.

Any special dietary requirements can be shared with the office directly.

Wishing you all a wonderful weekend ahead

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

SA DOCTOR ON THE WORLD STAGE

SA Doc Unlocks Hope in Cancer Treatment

HOUSE AND HOME

14 Uses for Sunlight Soap

WHAT'S COOKING?

What Is Blue Cheese?

WEEKLY ACTIVITIES

MON 11 MAR	 CLINIC SR SHARON ADAMS	09h30 SKY LOUNGE MOVEMENT CLASS		
TUE 12 MAR			14h00 BISTRO COLOUR IN MANDALA	
WED 13 MAR		10h15 POOL AQUA AEROBICS		
THUR 14 MAR		10h30 RECREATION LOUNGE FELLOWSHIP		15h00 BISTRO TEA & CAKE
FRI 15 MAR				
SAT 16 MAR				18h00 BISTRO RESIDENT BRAAI
SUN 17 MAR				



MARCH BIRTHDAYS

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: Beef cottage pie with cauliflower crust, served with a side salad

Option (V, GF): Cottage pie (plant-based mince) with cauliflower crust, served with a side salad

TUESDAY

Option 1: Panko-crumbed chicken schnitzel with cheese sauce, hasselback baby potatoes, and steamed vegetables

Option (V): Plant-based chic'n-style schnitzel with cheese sauce, hasselback baby potatoes and steamed vegetables

WEDNESDAY

Option 1: Sweet & sour pulled pork wrap with tomato, cucumber and red onion served with chips or a side salad

Option (V): Vegetarian wrap with falafel balls, tomato, cucumber, red onion, and tzatziki sauce served with chips or a side salad

THURSDAY

Option 1: Beef lasagne served with a garlic roll and a side salad

Option (V): Vegetarian lasagne (plant-based mince) with a garlic roll and a side salad

FRIDAY

Option 1: Fish (grilled or deep fried) and chips, with a side salad and tartar sauce

Option (V, GF): Vegetable quiche served with chips or a side salad

SATURDAY

Take-away only: Deboned pork rib burger with pepper and mushroom sauce, potato wedges and onion rings

SUNDAY

Take-away only: Lemon and herb chicken thighs with potato bake, roasted pumpkin and green beans

MONDAY

Option 1: Baked chicken parmesan with sweet potato wedges and a side salad.

Option (V, GF): Baked cauliflower and parmesan 'steak' with sweet potato wedges and a side salad.

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



Easter

Buffet Menu £135pp

Starter

Pickled Fish and Hot Cross Buns

Main Course

Roasted Gammon

*with orange glaze, roasted vegetables,
garlic and herb-roasted baby potatoes*

Dessert

Ice Cream and Chocolate Sauce

(Dietary needs catered for on request)

Bookings close on Tuesday 26 March | Buffet open from 12h30



SA PHD DOCTOR UNLOCKS HOPE IN CANCER TREATMENT

FINDINGS ANNOUNCED ON WORLD STAGE

Dr Carrie Anne Minnaar has unlocked a key finding in cervical cancer treatment that is set to change how it is treated in South Africa.

Johannesburg, South Africa (27 February 2024) – Breakthrough research in cervical cancer could bring hope to millions of women thanks to the work of a South African doctor, Dr Carrie Anne Minnaar, and her colleagues from the Wits Donald Gordon Medical Centre University.

Cervical cancer remains a significant health concern, particularly in low-to-middle-income countries, where morbidity and mortality rates are disproportionately high. Despite advancements in prevention and treatment, the burden persists.

Dr Minnaar specialises in hyperthermic oncology and is well-recognised for her ongoing clinical trials in this field. She holds a PhD in Radiation Sciences from Wits University. Apart from heading her own private hyperthermic practice at the Wits Donald Gordon Medical Centre, Oncology Department in South Africa, she is an honorary lecturer at the Department of Radiation Sciences at Wits University.

The Science of Hyperthermia Using a type of heating technology (modulated electro-hyperthermia or mEHT) as a support to chemoradiotherapy (CRT) for locally advanced cervical cancer (LACC), the research has proven it to be a cost-saving, successful way to treat patients.

Hyperthermia in oncology, the process of heating up a tumour to sensitise it to radiation or chemotherapy, has been around for decades. However, it hasn't gained traction in low-to-middle-income countries, largely due to the costs and complexity of the treatments.

Together with her colleagues, Dr Minnaar's research, conducted over the course of a nine-year trial (2014-2023) is the first of its kind:

the first trial on hyperthermia ever to be investigated in a low-to-middle-income-country and to include a cost-effectiveness analysis, the first hyperthermia trial to include HIV-positive participants, and the first phase III randomised controlled trial on this groundbreaking hyperthermia technique.

The European Society for Therapeutic Radiation and Oncology (ESTRO) has already recognised Dr Minnaar's work, and in 2021, Dr Minnaar won the ctRO Young Investigator award for the results presented in their cervical cancer study.

As South Africa and other developing countries grapple with improving outcomes for LACC patients, Dr. Minnaar's work stands out.

Her commitment to advancing the field of hyperthermia and bringing hyperthermia to South Africa, proving its feasibility and affordability, extends to other cancer types as well and is helping to pave the way for the use of this treatment in other resource-constrained countries which are in desperate need of effective but affordable treatments for cancer.

Her findings will be announced at the world-leading ESTRO radiation oncology conference in Glasgow from 3-7 May 2024.

ARTICLE BY:
GOODTHINGSUY.COM

14 WAYS TO USE SUNLIGHT SOAP AROUND THE HOME

One South African household item that has truly stood the test of time, is a bar of Sunlight soap. Beyond the laundry bar's intended purpose for hand-washing clothes, it has many nifty uses – including removing stains, preventing pests and cleaning makeup brushes.



WE'RE SHARING 14 DIFFERENT USES FOR THE HUMBLE BAR OF SUNLIGHT SOAP:

Stain-removing miracle worker

Nobody wants to sport oily stains. Sunlight soap is known for its effectiveness in removing stains from fabric. Rub the bar of soap directly onto stains before washing, or create a solution by grating the soap and mixing it with warm water to soak clothes before laundering. Works like a charm.

Removes grease like nobody's business

Sunlight soap is also particularly good at cutting through grease. Use the bar of laundry soap to clean greasy dishes, pots, and pans by scrubbing with a sponge or soaking them in a solution of grated soap and hot water.

Preventing pests in your garden

Some gardeners use grated Sunlight soap (yes, you've noticed a trend here, always keep your grater at hand) as a natural insect repellent. Sprinkle it around plants or dissolve it in water and spray it on plants to deter pests like aphids and caterpillars.

Removing stickers and adhesives

The joy of breaking in a new set of glassware is always dampened by a stubborn adhesive that just won't come off. Rubbing a bar of Sunlight soap on sticky residues from labels, stickers, or tapes can help loosen them (a lot), making them easier to remove from surfaces.

Cleaning brushes and combs

Soaking brushes and combs in warm water with grated Sunlight soap can help remove built-up oils, dirt, and hair products.

Cleaning makeup brushes

Soaking makeup brushes in warm water with grated Sunlight soap can help dissolve makeup residue and bacteria, leaving your brushes clean and fresh.

Removing stubborn makeup stains

Sunlight soap can be effective in removing makeup stains from fabrics. Rubbing the soap onto the stain and letting it sit for a few minutes before washing can help lift the makeup.

Cleaning jewellery

Sunlight soap can be used to clean some jewellery, particularly pieces made of non-porous materials like gold or silver. Soak the jewellery in warm, soapy water, then gently scrub with a soft brush before rinsing thoroughly.

Pet shampoo

Some pet owners use a small amount of mild soap like Sunlight to bathe their pets, especially if they have sensitive skin. Make sure to rinse thoroughly to prevent irritation, though. Always do a patch test.

Removing paint from clothes

Paint marks on your clothes after repainting the walls? Sunlight soap can be effective in removing paint stains from clothes. Rubbing the soap onto the stain before washing can help lift the paint.

Cleaning tools

Sunlight soap can be used to clean various tools and equipment, such as gardening tools, paintbrushes, and even car parts. Its grease-cutting properties make it effective for removing dirt and grime.

Deodorising shoes

A pair of smelly shoes can be remedied by placing a bar of Sunlight soap to help absorb odours and leave them smelling fresher.

Repelling moths

Some people place bars of Sunlight soap in closets or drawers to help repel moths and keep clothes smelling fresh.

Preventing glasses from fogging

Rubbing a bar of Sunlight soap onto the lenses of glasses and then wiping them clean can help prevent them from fogging up.

ARTICLE BY:
GARDEN & HOME



WHAT IS BLUE CHEESE?

ARTICLE BY:
ALLRE\$CIPES.COM

This colourful veined cheese is a true delicacy.

If you're looking for all the facts on "blue cheese" you might find the search difficult. That's because blue cheese isn't a singular cheese at all, but rather an overarching, general term for any cheese made from cow, goat, or sheep's milk that's been ripened with cultures of the mold penicillium. So, before you send back that salad for moldy cheese, rest assured, you can eat it.

People tend to fall into one camp or the other when it comes to blue cheese: they either love it or hate it (or just hate the idea of it). But blue cheese, in general, has a salty, sharp flavour and a pleasantly pungent aroma that adds brightness and bold flavour to any meal. Learn to love this treasured cheese and its many uses — you may just fall in love.

HISTORY AND ORIGIN

The beginnings of blue cheese might have been the result of a happy accident in the Middle Ages when cheese was stored in temperature and moisture-controlled caves.

It's commonly believed that a cheesemaker (some say he was drunk when he left it, but let's not judge) in Roquefort, France happened upon a forgotten, half-eaten loaf of bread smeared with cheese, which had turned blue from mold.

This mold — unlike other types we avoid like the plague — is completely safe, non-toxic, and okay to consume. More than that, it's flat-out delicious.

HOW BLUE CHEESE IS MADE

Depending on the producer, the exact process that a wheel of blue cheese goes through will vary, but the basic procedure is as follows:

Raw milk is pasteurized and a starter culture is added to convert the lactose in the milk to lactic acid (a process called acidification), which makes the milk morph from liquid to solid. Rennet is added to fully coagulate the milk, then the curds are cut to release the whey. The curds are formed into wheels before being aged for 60-90 days. Early in the aging, the cheese is spiked (also called "needled"), which is a process of inserting stainless steel rods into the cheese to let oxygen circulate and encourage the growth of mold.

This creates the unique blue veins the cheese is known for. It also produces a softer texture and helps develop the signature flavour.

POPULAR TYPES OF BLUE CHEESE

Blue cheese comes in many varieties and many price ranges, as well as many textures and flavours. The cheese might be crumbly or creamy, salty and sharp or mildly earthy, boldly funky or mild and melty. The level of pungency you're committing to fully depends on the exact type.

Roquefort

Likely the most well-known variety of blue cheese and also considered to be one of the oldest, Roquefort can be regarded as a delicacy. The cheese is made from sheep's milk, aged in limestone cliffs in the South of France, and boasts the true-blue veins seeping out across the cheese that we all have come to associate with the product. It's bold, yet delightfully nuanced, creamy and aromatic without being overly pungent, and sharp yet finishes sweet.

Gorgonzola

Gorgonzola is another well-known and common blue cheese, made in Italy from cow's milk. Specifically, the milk from cows that graze in the pastures of Lombardy and Piedmont. This blue cheese is rather young, with a creamy, buttery texture and little pops of intensity.

Blue Stilton

This beautifully marbled cheese is made from cow's milk in the English midlands. It's sturdier than other varieties with a crumbly texture and a rich, salty, and nutty flavour.

Danablu

As the name suggests, this cheese is Danish. It's made from cow's milk on the Island of Funen and the result is a creamy, smooth cheese with a slight salty sharpness. Essentially, it's a milder Roquefort.

Double-Cream

Not to be confused with double-cream brie, double-cream blue is one of the mildest blue varieties you can buy. The cow's milk for this cheese is enriched with cream, creating a creamy interior (of course), and a bloomy rind. Examples you will see in stores will be labeled Cambozola, Saint Agur, and Blue Castello.

HOW TO USE AND PAIR BLUE CHEESE

Blue cheese is wonderful on its own, but it's rarely enjoyed that way. At the very least, it's smeared on a cracker or toasted slice of baguette.

It's perfection when eaten with cured meats and practically a necessity on cheese boards.

Blue cheese loves to be stuffed in things like olives, dates, or even pork.

Whisk blue cheese into a sauce to be poured on a beautiful steak, fold it into a creamy dressing or dip, or make it into a filling for a tart.

Sprinkle the crumbles over a salad or add a kick to some grains.

The funky saltiness of blue cheese is delightful when paired with fruit and nuts – try it with pears and walnuts specifically.

Don't forget, blue cheese (like many cheeses) is a great source of protein, calcium, and phosphorous.

Any excuse to eat more, right?

