

“What's Happening”

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# DIEP RIVER



*“You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive.”*

*Maya Angelou*

Dear Residents,

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

I want to start by thanking everyone who has been supporting the Bistro; it's a real joy to see so many residents starting to pop in more frequently and we have seen an amazing increase in numbers because of it.

At this stage however we have unfortunately not been able to get the necessary numbers for our Easter Sunday Lunch and sadly, if we do not get to minimum numbers by Tuesday we will have to cancel the lunch. If you are still interested please book your seat as soon as possible.

You will also notice that we have started implementing small changes with regards to the team's rostering.

We are working on ways to maximise our resources to ensure we provide all residents with the best possible services when it is most needed.

Going forward, there will be no utility worker rostered for Sundays so please keep any major clearing of fridges for any other day of the week so that we avoid full bins on Sundays.

Thank you for your continued support and for all the feedback we receive.

Wishing you all a wonderful week ahead,

Regards,  
Riaan and the Evergreen Team

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### UNDER THE KITCHEN SINK

8 Things you shouldn't store under the kitchen sink

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It tastes good and it's good for you!

### WHAT'S COOKING?

Chocolatery Easter recipes for little (and big) kids!



# WEEKLY ACTIVITIES

<b>MON</b> 25 MAR	 <b>CLINIC</b> SR SHARON ADAMS	09h30 <b>SKY LOUNGE</b> MOVEMENT CLASS		
<b>TUE</b> 26 MAR			14h00 <b>BISTRO</b> COLOURING IN	
<b>WED</b> 27 MAR		10h15 <b>POOL</b> AQUA AEROBICS		
<b>THUR</b> 28 MAR	10h30 <b>BISTRO</b> FELLOWSHIP	14h00 <b>BISTRO</b> RUMMIKUB	15h00 <b>BISTRO</b> TEA & CAKE	18h00 <b>RECREATION</b> LOUNGE MUSIC EVENING
<b>FRI</b> 29 MAR		<b>BISTRO</b> WOL AAN DIE ROL		
<b>SAT</b> 30 MAR				18h00 <b>BISTRO</b> RESIDENT BRAAI
<b>SUN</b> 30 MAR		12h30 <b>BISTRO</b> SUNDAY LUNCH		



## APRIL BIRTHDAYS

12th Sandra Rix - A204  
 19th Jeanne Daniels - A314  
 19th Sophia Mentor - A214  
 22nd Clive Whitson - A110  
 25th Brenda Nieuwstad - A306  
 26th John Richards - A305  
 27th Mona Randall - A209  
 27th Sue Butcher - A301



# Bistro

M E N U

## W E E K L Y L U N C H

### MONDAY - R45

*Option 1- Beef and vegetable stew on white rice with roasted butternut.*

*Option (V, GF) - Potato and vegetable stew on white rice with roasted butternut.*

### TUESDAY - R45

*Option 1- Citrus & coriander chicken kebabs with sweet potato wedges and a side salad*

*Option (V) - Vegan "meatball" kebabs with sweet potato wedges and a side salad*

### WEDNESDAY - R45

*Option 1- Sweet and sour pork and vegetable stir-fry on white rice.*

*Option (V) - Sweet and sour chickpea and vegetable stir-fry on white rice.*

### THURSDAY - R45

*Option 1 - Crumbed chicken schnitzel served with mushroom sauce, potato wedges and seasonal vegetables.*

*Option (V) - Crumbed plant-based schnitzel served with mushroom sauce, potato wedges and seasonal vegetables.*

### FRIDAY - R45

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

*Option (V, GF) - Vegetable stuffed potato cakes with sweet chilli dressing and a side salad.*

### SATURDAY - R60

*Take-away only - Beef burger, pepper sauce, sweet potato fries and side salad*

### SUNDAY - R60

*Take-away only - Roasted beef with rosemary gravy, hassle back potatoes, broccoli bake and glazed carrots*

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



Join us for the inaugural launch of the

# Fine Spirits Club

## Bergvliet

COME AND JOIN US FOR AN  
UNFORGETTABLE WHISKEY  
TASTING EXPERIENCE THAT  
WILL ELEVATE YOUR  
KNOWLEDGE AND APPRECIATION  
OF WHISKEY, AND LEAVE YOU  
WITH A NEWFOUND PASSION  
FOR THIS TIMELESS SPIRIT

SLANGE VAR!

27 MARCH 2024 AT 18H00 | TICKETS: R150PP  
TASTING INCLUDES 6 INTERNATIONAL WHISKEYS  
BOOK AT EVERGREEN BERGVLIET RECEPTION - 021 137 2690

# Music Evening

28 MARCH | 18H00

## PROGRAMME

An evening of beautiful choral music  
appropriate for the Easter Season

### BACH ST MATTHEW PASSION

VAN VELDHOVEN NETHERLANDS BACH SOCIETY.

~

### MOZART MISSA SOLEMNIS

ORCHESTRA DA CAMERA DI MONTAVA

~

### MASCAGNI EASTER HYMN FROM CAVALLERIA RUSTICANA

LIBERTAS CHOIR STELLENBOSCH

~

### ELGAR LUX AETERNAM (NIMROD)

VOCES 8

~

### ALLEGRI MISERERE

KING'S COLLEGE

~

### JENKINS HEALING LIGHT A CELTIC PRAYER. THE PEACE MAKERS

ST PETERSBURG STATE SYMPHONY ORCHESTRA, STATE UNIVERSITY CHOIR,  
TV AND RADIO CHILDREN CHOIR

~

### RAMIREZ GLORIA FROM MISSA CRIOLLA

JOEL PRIETO & TEPEU (TENOR & SOUTH AMERICAN GROUP)

~

### SALVE REGINA

STELLENBOSCH UNIVERSITY CHOIR

VENUE: RECREATION LOUNGE | RSVP AT RECEPTION



# 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

# 8 THINGS YOU SHOULDN'T STORE UNDER YOUR KITCHEN SINK, ACCORDING TO EXPERTS

ARTICLE BY:  
THESPRUCE.COM



**It doesn't matter how perfectly your kitchen is designed—there's one problem area many of us deal with: under the kitchen sink. If you can't get the cabinet under your kitchen sink tidy and organised and keep it that way—please know, you're not alone.**

As with all great problems, sometimes the solution starts with figuring out what you shouldn't do first. With this in mind, we turned to a few of our favorite organizing experts to ask: what things should we remove from under our kitchen sink for good?

Here's what we learned should definitely get removed from this common kitchen problem zone.

## **TOO MANY PRODUCTS**

Before you get started, Jan Johnson Serafen of The Ordered Home Inc. points out it might not matter what's under your cabinet if everything is under your cabinet.

“Poor organizational issues are often a result of too many items or products for the defined space,” she says. This means step one should really be to clear out any excess—think duplicates, items you don't use that can get donated, or anything empty or out of date that can get tossed or recycled.

## **COMBUSTIBLE, FLAMMABLE, OR HAZARDOUS CLEANING SUPPLIES**

Under your sink is a great place for cleaning supplies, but Kendra Littlejohn of Organized by Kendra suggests giving this some careful consideration. Given the proximity to moisture and plumbing, avoid sticking anything in this area that's prone to combustion, like certain aerosols or alcohol-based cleaners.

“Many cleaning supplies are hazardous and can combust in the wrong conditions,” she says.

In addition, some items are best stored outside of the house entirely. Anything hazardous is probably best stashed in your garage or shed, if possible.

“Pesticides also pose a risk to children and pets,” she says.

## **ANYTHING THAT'S RUINED WHEN WET**

As Serafen also notes, one of the biggest problems with the under-sink zone is that there's almost always plumbing that gets in the way. “Toss in even a tiny unexpected plumbing leak, and you've got a musty mess on your hands,” Serafen says.

Obviously, you can hope your plumbing is fully functional and never an issue, but it's a reality that sometimes pipes leak. If that happens, you don't want to make the issue even worse because you've stashed items in here that really shouldn't get wet.

Find other homes for things like paper products, as well as spare matches, candles, and anything prone to rust.

## **ANY AND ALL FOOD ITEMS**

For a similar reason, Tanu Grewal, the chief cleaning officer at Ensueño, Cloralen, and Pinalen, says under the sink is never an ideal spot for food items—for pets or humans.



### NON-KITCHEN RELATED ITEMS

It makes sense that cleaning items for other rooms might drift into your kitchen. Serafen warns, though, that this can lead to an under-the-sink disaster zone if you're not careful.

She suggests clearing out anything for other rooms, such as household cleaners for the bathroom, laundry room, or garage, as well as duplicates and backstock for general cleaning items. Grewal agrees, noting this might also enhance your cleaning routine in general.

"I recommend keeping each cleaning product where you'll actually be using it," she says. "Having to lug your laundry detergent or toilet cleaner from the kitchen to a different room just adds one extra barrier to

cleaning, and can ultimately make you less motivated to get it done."

### ILL-FITTED ORGANIZERS

Due to the plumbing and pipes, Serafen points out that finding a well-fitted organizing system is also incredibly key. Otherwise, you risk losing space to mini shelves and turntables that don't actually solve your problems.

"Measure to the left and right of plumbing, as well as to the front and rear of the cabinet—cabinet height, too!" says Serafen.

This isn't a space you can squeeze into if you want it to look organized and stay that way, so only buy things that fit—and never overstuff.

### DIRT, GRIME, AND MILDEW

No matter what you keep under your kitchen sink, Grewal says there's one thing we all need to agree doesn't belong there: dirt, dust, and grime. Yet, often, it's unfortunately prevalent.

"While under the kitchen sink may seem like the last place you want to scrub, it's important to keep this area clean to avoid the build-up of mould and bacteria," she says.

Grewal suggests removing everything, tackling it with a handheld vacuum or broom, and then using a multipurpose cleaner to wipe away anything that's left behind.



# 10 HEALTH BENEFITS OF WHISKEY



**L**ike anything great in life, whisky should be enjoyed in moderation. It does however actually carry some meaningful health benefits.

When you do have that sweet, savoury glass, you don't have to feel bad about your decision. That's right: Not only does whisky taste good, but it is good for you. Here are 10 surprising health benefits of whisky.

## 1. LOWERS RISK OF HEART DISEASE

According to multiple studies, a glass of whisky a day can help reduce your risk of heart disease and heart failure. According to a study by Harvard, a moderate amount of alcohol raises the amount of "good cholesterol" in your blood. This is a natural protection against heart disease.

## 2. CAN HELP FIGHT CANCER

Although it should not be used as the only treatment, research shows whisky can help fight cancer. Whisky contains ellagic acid, which helps absorb rogue cells in your body. This acid is also found in fruit and wine; however, it is found in higher levels in whisky.

## 3. PROMOTES WEIGHT LOSS

Not only is whisky delicious in flavour, but it contains very little sodium and no fat. Plus, the sugar in the drink is simple sugar, which is quickly processed by the body.

This can help promote weight loss. Moderate beer drinkers tend to lose muscle tone and increase their "beer gut." By switching to whisky you can keep the pounds off while still having a good time.

## 4. REDUCES STRESS

Between work, family, and everyday stresses, you deserve a break. If you are feeling stressed, a glass of whisky can take off the edge. Alcohol is known for calming the nerves. This is extremely beneficial for people with high stress or anxiety. However, alcohol should not be used as the only way to de-stress. Relying on alcohol as a way to calm your nerves can lead to further anxiety if abused.



## 5. CONTROL OF DIABETES RISK

If you are at risk for diabetes, whisky is good for you. The sweet drink has been shown to reduce the chances of diabetes by up to 40%.

According to a study, a moderate amount of whisky can improve your body's ability to regulate insulin and glucose levels.

This is because of all the simple sugars in the drink, which are easy to process. If you can control your body's blood sugar levels, then you lower your risk for developing diabetes.

## 6. LOWER RISK OF DEMENTIA

Dementia is one of the most prominent diseases facing the elder population. While scientists are working hard, there is not yet a cure. Therefore, if you want to protect yourself from dementia, you need to take preventative steps to avoid the disease.

A 2003 study states that adults who consumed one to six glasses of whisky a week were half as likely to suffer dementia as non-drinkers and heavy drinkers. Once again, it is always important to practice moderation. While a couple of glasses a week will lower your risk of dementia, drinking multiple glasses a day will raise your risk exponentially.



## 7. FIGHT YOUR COLD

Hottie toddies are common at the bar, but when you feel that cold coming on you should try to grab one right away. The mix of whisky, hot water, lemon and honey warms you up inside and helps fight that cold.

While the infamous drink doesn't fight the flu directly, it does dilate blood vessels to make it easier for mucus membranes to fight the infection. So, drink up!

## 8. DIGESTIVE AID

After a large meal, it's common to feel a rumble in your stomach. If you are feeling nauseous, a post-meal whisky may help ease your stomach. Since whisky is a high-proof, it stimulates your stomach enzymes. This gets your digestive system moving fast. Not only will your stomach work hard to break down the whisky, but it will also break down that large meal in the process. It's nature's own digestif and another health benefits of whisky.

## 9. REDUCES BLOOD CLOTTING

When you have an internal injury, your blood naturally clots to try and stop the bleed. However, if that clot spreads into another part of your blood system - like your heart, lung, or brain - there can be disastrous results.



Thankfully, whisky significantly reduces blood clotting. Whisky is a natural blood-thinner. Therefore, enjoying some whisky once in a while can reduce your risk of developing blood clots. Furthermore, blood clots often cause issues when they get stuck in bad cholesterol. As noted previously, whisky promotes good cholesterol, which fights the bad stuff. Therefore, if you do have a blood clot, it is less likely to cause damage, such as stroke.

## 10. BOOSTS YOUR IMMUNE SYSTEM

Not only does whisky help you fight common colds, but it can also help prevent it. Whisky contains ellagic acid, which alone with vitamins can help your immune system fight off illnesses.

Although whisky can be good for you, you will not receive any of these health benefits if you overindulge. Like all alcohol, whisky is meant to be enjoyed in moderation.





- RECIPE BY: Abigail Donnelly | Woolworths TASTE.CO.ZA
- SERVES: 10
- DIFFICULTY: Easy
- PREP TIME: 20 minutes plus chilling time
- COOKING TIME: 15 minutes
- WINE / SPIRIT PAIRING: Woolworths Ken Forrester Chenin Blanc Noble Late Harvest 2016

### INGREDIENTS

- 200 g milk chocolate, chopped
- 200 g dark chocolate, chopped
- 2 1/2 cups cream
- 220 g Woolworths vanilla shortbread, chopped
- 125 g Woolworths Malted Puff Chuckles, chopped
- 100 g shelled pistachios, chopped
- Speckled eggs, to decorate

### COOKING INSTRUCTIONS

Line the bottom of a 20 cm springform cake tin with baking paper.  
Place the chocolate in a glass or metal bowl over a pan of simmering water. Stir until the chocolate has melted.  
Warm the cream slightly in a saucepan and stir into the melted chocolate.  
Mix in the shortbread, Chuckles and nuts, and spoon into the tin. Chill for 2 hours.  
When ready to serve, place a hot cloth around the sides of the tin for 3 minutes to melt the edges.  
Unmould onto a platter and decorate with eggs.



4 servings Prep: 15 mins | Recipe by Cat Carstens at Le Famished Cat.

### INGREDIENTS

- 1 1/2 cup dark chocolate — chips
- 2 tbsp peanut butter
- 2 tbsp almond milk
- 100 g speckled eggs

### COOKING INSTRUCTIONS

In a small saucepan, over a medium heat, melt all the ingredients except for the speckled eggs.  
Once melted, pour into a small square container (12cm x 12cm) that has been lined with baking paper or tinfoil.  
Generously dot the fudge with the speckled eggs.  
Refrigerate for about 1 hour until set.  
Store leftovers in an airtight container in the fridge.