

“What's Happening”

DIEP RIVER



“Rather than struggle against time and waste it, let’s dance with time and redeem it, because we don’t live longer when we try not to die, we live longer when we’re too busy livin.”

Matthew McConaughey

Dear Residents,

I hope you’re all well and have had a good week. With Easter and the long weekend behind us our schedules can now return to normal.

I am sure you have all heard the contractors at work in some of the apartments. We assure you that we completely understand that the noise travels throughout the entire building but know that all the work being done is some way improves the overall building.

We have a few more weeks before winter really arrives and we are trying to get as much as work done before then.

I am sure you have all seen or heard the weather warnings by now. Luckily for all the sports fans you will have loads to keep you glued to your TV screen while the weather keeps us all indoors. The Investec Champions Cup kicks off tonight, with the Bulls and Stormers in action tomorrow afternoon.

Read more about the Stormers’ amazing supporters attendance on page 11.

Wishing you all a peaceful weekend.

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 8 APR	09h30 SKY LOUNGE MOVEMENT CLASS	10h00 RECREATION ROOM MOVEMENT CLASS		
TUE 9 APR			14h00 BISTRO COLOURING IN	
WED 10 APR		10h15 POOL AQUA AEROBICS		
THUR 11 APR			15h00 BISTRO TEA & CAKE	
FRI 12 APR		09h30 KIND 2 HEARING		
SAT 13 APR				18h00 BISTRO RESIDENT BRAAI
SUN 14 APR				



APRIL BIRTHDAYS

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

LUNCH MENU

8-14 APRIL

MONDAY - R45

Option 1- Chicken, mushroom and spinach lasagna with a garlic roll and side salad

Option (V, GF) - Plant-based "mince" layered vegetable bake with a garlic roll and side salad

TUESDAY - R45

Option 1- Tomato bredie (beef) on savoury rice with seasonal vegetables

Option (V) - Tomato bredie (chickpea and lentil) on savoury rice with seasonal vegetables

WEDNESDAY - R45

Option 1- Lemon and herb grilled chicken, hassleback sweet potato and a side salad

Option (V) - Plant based chic'n-style schnitzel, hassleback sweet potato and a side salad

THURSDAY - R45

Option 1 - Pork bangers and mash with onion gravy, minted peas and sweet carrots

Option (V) - Plant-based sausage and mash with onion gravy, minted peas and sweet carrots

FRIDAY - R45

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

Option (V) - Mild falafel butter curry on savoury rice with a roti and sambals

SATURDAY - R60

Take-away only - Barbeque rib burger with mushroom sauce and potato wedges

SUNDAY - R60

Take-away only - Roasted pork chop with apple sauce, potato bake, savoury rice, roasted butternut and green beans.

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



CAPE TOWN'S BOULDERS BEACH RANKED SECOND AMONG WORLD'S TOP 100 BEACHES

Boulders Beach in Cape Town has been ranked second out of 100 beaches by BeachAtlas' Golden Beach Awards 2024.

The Skeleton Coast in Namibia was ranked at number nine.

Historically, the quest for the world's best beaches zeroes in on their visual allure, powdery sands and clear blue waters.

This is the first time that the selection goes beyond the conventional, embracing a richer tapestry of what makes a beach remarkable, encompassing diverse criteria such as the value to the local community, diversity, equity and inclusion (DEI), lifestyle offerings, and cultural significance.

This broader perspective shines a light on those beach gems that typically don't make it onto traditional, unidimensional 'best beach' lists.

Building on this criteria, the selection process invited selected travel experts and influencers from around the world to cast their votes and help curate the list.

THE CRITERIA:

Classic beauty

Beaches that embody the traditional postcard-perfect image with fine golden sands, clear blue waters, and picturesque landscapes.

Party and lifestyle

Think Ibiza with its nightlife and energetic beach parties, or Dubai, epitomising beachside luxury with its exclusive resorts and upscale ambience.

DEI

Inclusive beaches that ensure every visitor feels represented and comfortable, regardless of their background, identity, or abilities.

Community

Beaches like Copacabana in Brazil are integral to their cities' identities and social life. They are not just tourist attractions but places where local culture and community life flourish.

Natural diversity

This criterion celebrates the diversity of natural beachfronts, from lakes and riverbanks to unique formations. It also highlights the abundant flora and fauna, underlining the ecological richness of these environments.

Cultural significance

Beaches with historical importance or a strong presence in pop culture, including those immortalised in cinema. It highlights shores that have earned a cultural reputation that extends beyond their natural beauty.

Skeleton Coast, Namibia





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Skeleton Coast, Namibia



WHY YOU NEED TO MAKE THE MOST OF THE 2024 AVO SEASON

PLUS RECIPES TO HELP YOU DO JUST THAT!



The foodie ingredients most likely to make waves on social media this year, according to Time magazine's survey of industry insiders, are Asian ingredients like black sesame, ube and milk tea.

But this survey, and almost every food trend prediction list for 2024, emphasises the continuing strong demand for plant-based meals, and the sustained use of wholefood vegetables – i.e. vegetables that have not been highly processed – in restaurant and easy make-at-home dishes.

The growing trend of using vegetables in drinks is also gaining popularity, with the Time survey noting that “mixologists worldwide are embracing meal profiles for drink flavours”.

South African-grown avocados fit directly into all these trends. They are a quintessential ingredient in plant-based meals; they are complete wholefoods, in that they can be used as is without processing; they make decadently creamy drinks; and they're totally Insta-worthy (just check out the trending #avocadobread to see what we mean!).

This points to the extreme versatility of avos, and how easy it is to “add an avo” to breakfast, lunch or supper dishes, as snacks or meals in their own right, and as toppings or something special on the side.

Why avocados are becoming more popular in SA

Research undertaken by the SA Avocado Growers' Association (SAAGA) last year showed that the popularity of avos among consumers had surged in recent years, transitioning from being considered a luxury ingredient to becoming a household staple in many South African homes. Here's why.

Avocados offer a range of health benefits. They are high in heart-healthy fats, vitamin K and biotin; free from cholesterol and sodium; and can form part of a successful energy-controlled diet for weight management.

Avocados are a value-for-money ingredient. A little goes a long way when it comes to avos and there are a multitude of ways that consumers can “add an avo” to pantry staples or leftovers to create affordable family meals across all of our beautiful cultures.

SA avos are available almost all year round. Creamy, green-skinned varieties are available from March to October, and nutty, dark-skinned avos from March until November. Both green and dark-skinned avos are equally delicious and nutritious. SAAGA's research also revealed that, even though the average cost of all foods has increased, consumers consistently prioritise avocados, regularly including them in their shopping lists. Consumers' avo purchase behaviour has evolved from impulse buying in 2012 and 2016 to planned purchases in 2021 and 2023. Shoppers particularly love ripe and ready avocados, with 66% being willing to pay more for this convenience.

So, what will you cook up this year? All you need is a recipe, a camera, a hashtag ... and to add an avo or two to create your own viral foodie sensation!

Our fave avocado recipes
Need some avocado recipes to get you inspired? Start with these:

ARTICLE BY:
FOOD24



AVOCADO BAGELS

[CLICK HERE FOR THE RECIPE](#)



DAIRY-FREE AVO SMOOTHIE

[CLICK HERE FOR THE RECIPE](#)



AVOCADO PASTRY TART

[CLICK HERE FOR THE RECIPE](#)



ROAST VEG- AND- AVO 'MAYO' WRAPS

[CLICK HERE FOR THE RECIPE](#)



SUPREME STORMERS, THE WINDOW TO THE RUGBY WORLD



The Stormers are the best supported club in the rugby world – and their South African rivals the Bulls, are the biggest opposition attraction in Cape Town, writes Mark Keohane.

The Stormers, into their third season of the United Rugby Championship, are unmatched for consistency over the past two and a half league seasons when it comes to crowd attendance. Cape Town loves rugby and they love the Stormers.

They are also tops when it comes to hosting their traditional rivals, the Bulls.

No team can match the consistency and growth of the Stormers in home attendance. It is a credit to the vision of Stormers Director of Rugby John Dobson and those players who bring to life Dobson's belief in how the game should be played.

There is a distinct Stormers DNA to Dobson and this current group, in how they play and how they relate to the Cape based rugby supporters. They are also the only group to win an international title in the 28 year history of the Stormers and they are the only Stormers squad to host six successive league play-offs, including two successive URC finals.

The Stormers also hosted the last 16 of the Champions Cup a season ago, when they beat London's Harlequins in front of a DHL Stadium crowd of 33 501. On Saturday they host the tournament champions of 2021/22 and 2022/23, La Rochelle, in the last 16.

The Stormers, even during the Covid-restricted first season, surged ahead of their league opposition in crowd attendance in South Africa and, in the last season and a half, have owned the title of most supported club in home games in the URC.

The 2021/22 play-off matches attracted the maximum allowed to attend a match at the time (20 783 versus Edinburgh in the quarter-finals), (30 383 versus Ulster in the semi-finals) and (30 128 versus the Bulls in a home team winning Grand Final.' In the following season the Stormers increased every play-off attendance, 44 109 against the Bulls in the quarter-finals, 47 261 against Connacht in the semi-final and a URC record 56 334 in the final against Munster.

This season the Stormers, in URC league matches, boasted 39 925, up from the impressive 30 003 the previous season, for the December showdown with the Bulls and improved the Sharks visit from 30 721 in the 2022/23 season to a brilliant 37 246 home attendance on the 30th December, 2023.

The Cape Town support base has come out in numbers, despite incredibly challenging economic times, and they've shown an appetite to travel to support their boys. Italy's premier side Benetton got 12 507 at the Danie Craven Stadium in Stellenbosch last season and the growth and support for the URC has been showcased in increased numbers from the first season to the third. For example, 9616 watched the Stormers play Edinburgh in a league match in the 2021/22 season and 23 281 made it to the DHL Stadium a fortnight ago for the Stormers seven-try 43-21 win against the Scottish side.



Last Saturday even more, if only marginally at 24 602, made it to the Stadium on Easter Saturday, which made it the biggest crowd attendance in the premier rugby leagues in England,

Ireland's Leinster have traditionally produced big crowds for their biggest games, played at the national Aviva Stadium, and Munster have also, on occasion, packed in 30 000 at Thomond Park in Limerick.

The Bulls, when hosting the Stormers in Pretoria a month ago, sold out 50 000.

For the most it is the Stormers at home or the Stormers as an away opposition that gets the numbers to a stadium.

It is a compliment to how the Stormers play, but in a Cape Town context, the super Stormers support is combination of the squad, their style of play and a local fan base that consider themselves, rightly so, the Mecca of international Club rugby in their support of the Stormers.

On Saturday, La Rochelle visits. They are the back-to-back Champions Cup winners, they boast 13 Test players in their starting line-up, including eight French World Cup players and former Springbok and Stormers winger Dillyn Leyds.

They are a World XV/Test team in another guise, and they will get a world class reception from a word class crowd and the game's leading crowd, on average in numbers, in home games.

This is about Cape Town puffing out its chest and telling the world this city is not only among the planet's most visited cities as a travel destination, it is also the home of rugby.

Every statistic over the past three seasons – and for decades before that at Newlands – supports the boast.

ARTICLE BY:
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