

“What's Happening”

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# DIEP RIVER



*"Only those who will risk going too far can possibly find out how far one can go."*

*~ T.S. Eliot ~*

Dear Residents,

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

I was hoping the year would slow down a little as we head into winter but it feels like the weeks are just flying past us faster and faster!

I am sure you all saw the contractors in the village over the last couple of weeks - our aim was to take care of as many maintenance-related issues as possible, in the apartments and common area, before winter arrives and we are all stuck indoors and cannot avoid the noise.

The Recreation Room has seen some change; I hope you all enjoy the fresh look and that it encourages everyone to make more use of the space.

In this week's newsletter we turn the heat up in the kitchen with deliciously comforting curries while in Health Matters we discuss how the new NHI will impact us both in access and costs. We end with a foray into the garden with valuable tips and fun ideas for your garden this June.

Wishing you all a great weekend,

Regards,  
Riaan and the Evergreen Team

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# WEEKLY ACTIVITIES

<b>MON</b> 20 MAY	 <b>CLINIC</b> <b>SR SHARON ADAMS</b>	<b>09h30</b> <b>SKY LOUNGE</b> <b>MOVEMENT CLASS</b>		
<b>TUE</b> 21 MAY			<b>14h00</b> <b>BISTRO</b> <b>COLOURING IN MANDALA</b>	
<b>WED</b> 15 MAY		<b>10h15</b> <b>POOL</b> <b>AQUA AEROBICS</b>		
<b>THUR</b> 16 MAY	<b>10h30</b> <b>RECREATION LOUNGE</b> <b>FELLOWSHIP GROUP</b>	<b>14h00</b> <b>BISTRO</b> <b>GAMES AFTERNOON</b>		<b>18h00</b> <b>RECREATION LOUNGE</b> <b>MUSIC EVENING</b>
<b>FRI</b> 17 MAY	<b>09h30</b> <b>BISTRO</b> <b>NUTTY NUTS</b>			
<b>SAT</b> 18 MAY				<b>18h00</b> <b>BISTRO</b> <b>RESIDENT BRAAI</b>
<b>SUN</b> 19 MAY				



## APRIL BIRTHDAYS

27 MAY - LETITIA ENGLISH - APT 113

27 MAY - JUNE LEVOR - APT 115

29 MAY - SHEILA FEITELBERG - APT 202

29 MAY - GERALD BONTHUYS - APT 203

29 MAY - HERMANN ROHM - APT 201



# Bistro

LUNCH MENU  
20-27 MAY

## MONDAY - R45

*Option 1 - Homemade chicken and mushroom pie with potato wedges and seasonal vegetables*

*Option (V) - Homemade lightly curried lentil and vegetable pie with potato wedges and seasonal vegetables*

## TUESDAY - R45

*Option 1 - Beef sausage with mashed potato, onion gravy and seasonal vegetables*

*Option (V) - Plant-based sausage with mashed potato, onion gravy and seasonal vegetables*

## WEDNESDAY - R45

*Option 1 - Pork and vegetable stew on white rice with a side salad*

*Option (V) - Chickpea and vegetable stew on white rice with a side salad*

## THURSDAY - R45

*Option 1 - Beef lasagne with a garlic roll and seasonal vegetables*

*Option (V) - Plant-based "mince" lasagne with a garlic roll and seasonal vegetables*

## FRIDAY - R45

*Option 1 - Fish and chips served with side salad*

*Option (V) - Falafel and roasted vegetable cous cous salad with tzatziki*

## SATURDAY - R60

*Take-away only - Beef burger, sweet potato fries and onion rings*

## SUNDAY - R60

*Take-away only - Roast beef, rosemary gravy, hassleback potatoes, savoury rice, 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

# Music Evening

15 MAY | 19H00

## PROGRAMME

**GLUCK**

**DANCE OF THE BLESSED SPIRITS**

NORWEGIAN CHAMBER ORCHESTRA

~

**RIMSKY KORSAKOV**

**SCHEHEREZADE**

FRANKFURT RADIO SYMPHONY ORCHESTRA

CONDUCTOR ALAIN ALTINOGLU

~

**VAUGHAN WILLIAMS**

**THE WASPS OVERTURE**

MELBOURNE SYMPHONY ORCHESTRA

CONDUCTOR VASILY PETRENKO

RSVP AT RECEPTION OR ON EXT. 3200



# COMFORTING WINTER CURRIES

ARTICLE: Food24

There's nothing better than a pot of curry simmering on the stovetop? The spicy aromas that simply cannot be ignored as they make their way through your home on a cold and miserable winter's day.

Everybody loves a good curry, mild or strong – they're absolute winners and packed full of flavour!

Here are eight recipes for every taste, sure to give you some warmth and comfort during the winter months.

## BRAAIED BUTTER CHICKEN CURRY POTJIE

8 servings Prep: 30 mins, Cooking: 1 hr

Butter chicken seems to be the universal curry that everyone loves and for good reason. It's so damn tasty and this version takes things to a whole new braai level.

### METHOD

**TO MAKE THE CHICKEN:** mix all the ingredients, except the chicken, in a container with a lid, then add the chicken. Give it a good massage, then pop the container into the fridge to marinate overnight. The next day, remove the container from the fridge and allow it to come to room temperature. Thread the chicken onto the kebab sticks and braai over very hot coals. You are not trying to cook the chicken through, you just need to char and caramelize it. Brush each kebab with extra marinade at each turn, then set aside when you are happy with them. Allow to cool before removing the chicken from the kebab sticks. At this point you can cut the chicken pieces into small pieces or leave as they are.

**TO MAKE THE POTJIE:** preheat a number 3 potjie over medium-high-heat coals. Add a splash of oil and the knob of butter and fry the onions until they soften and start to brown. Add the garlic and ginger and fry for a minute until fragrant. Toss in all the spices and fry for another minute.

Stir in the tomato purée, fish sauce and sugar. Bring to a simmer over low-heat coals for 20 minutes to let the flavours make friends.

This next step is optional, but it does give you that awesome curry house gravy result. After 20 minutes, remove the pot from the heat and use a hand blender to blitz the curry sauce until smooth. Return the pot to the heat and add the chicken. Stir in the crème fraîche and fenugreek leaves and simmer for another 15 minutes to cook the chicken. Season to taste, then remove the pot from the heat, cover and let it rest for 10 minutes before serving. Serve it with naan bread or basmati rice with a sprinkle of toasted almonds and fresh coriander.

### INGREDIENTS

- 1 1/2 cup double cream plain yoghurt
- 3 garlic cloves — finely chopped
- 1 knob fresh ginger — finely chopped
- 2 tbsp garam masala
- 2 tbsp kashmiri chilli powder
- 1 tsp ground cumin
- 2 tsp ground turmeric
- fresh lemon juice — to taste
- salt and black pepper
- 2 kg chicken thighs — deboned and skin removed

### FOR THE POTJIE

- oil — for frying
- 1 knob butter
- 2 onions — peeled and chopped
- 1 knob fresh ginger — finely chopped
- 1 tbsp garam marsala
- 1 tbsp kashmiri chilli powder
- 1 tbsp ground cumin
- 1/2 tbsp ground coriander
- 2 cup tomato purée
- 2 tbsp fish sauce
- 1 tbsp brown sugar
- 100g crème fraîche
- 1 tsp dried fenugreek leaves — crushed
- salt and black pepper

### TO SERVE

- naan bread — or basmati rice
- 1/4 cup flaked almonds — toasted
- fresh coriander



## LAMB CURRY

Lamb knuckles marinated in a spicy yoghurt and braised in a flavourful stock with fresh coconut. Served with a pomegranate raita and steamed basmati rice.



Click [here](#) for the recipe



## PRAWN AND COCONUT CREAM CURRY

You simply can't beat a good curry for instant winter warmth.



Click [here](#) for the recipe



## THE LAZY MAKOTI'S CHICKEN CURRY

Quick and flavoursome chicken curry from The Lazy Makoti's latest cookbook.



Click [here](#) for the recipe



## CURRY THREE WAYS

From a butter chicken curry to a paneer tikka masala to the iconic Durban lamb curry, these three recipes all have one thing in common - a wonderfully wholesome tomato base made from a tinned pantry staple.



Click [here](#) for the recipe

# HOW THE NHI WILL IMPACT YOUR HEALTHCARE ACCESS & COSTS



## What is the National Health Insurance (NHI) Bill, and what does it mean to South Africans seated at different sides of the table?

The objective of the NHI Bill is for every South African to have access to quality healthcare regardless of their background or income without worrying about the cost. One public health fund to effectively meet the health needs of the entire country.

The NHI Fund will cover South Africans of all races, rich or poor and legal long-term residents.

Sounds like the perfect utopia, right? But what does it actually mean for you, especially if you're already paying for healthcare?

Before we dive into explaining the NHI Bill, let's first address the hot topic of Ramaphosa just happening to find that special pen on the eve of the elections. Yes, we see what you've done there, Mr President.

On Wednesday afternoon, in a Cape Talk interview, radio host John Maytham interviewed Professor Terrence Kommal of North-West University, a medical doctor and the CEO of Medical Expert Consulting Group, about the impact and reality of the NHI Bill in South Africa.

According to Professor Kommal, South Africa ranks 12th on the world's list of countries offering their citizens free healthcare. So why is there a need for the NHI? To the person who wakes up at 5am to catch two modes of transport and

stands in a line at a dirty healthcare facility for an entire day to see a doctor or get the treatment they need, the idea of a more equitable healthcare system seems like the only way forward. But the problem isn't the lack of free healthcare; it's the quality of our public hospitals, from the infrastructure to the service and care received, and this can only be solved by our running government.

Instead of making overambitious promises about establishing a universal healthcare system in South Africa, the president should prioritise addressing the significant economic and systemic issues plaguing the current healthcare system. Although the bill has been signed into law, full implementation of a working system could take decades. So, how does the NHI benefit South Africans and who pays for it?

The NHI aims to make healthcare accessible by pooling funds from taxes to cover essential services. So, yes, that means everyone chips in through taxes, but in return, we all get access to the care we need, from regular check-ups to serious treatments. Employers will collect and submit their employees' contributions in a similar manner to UIF contributions.

There will be one pool of healthcare funding for private and public healthcare providers alike.

When people visit healthcare facilities, there will be no fees charged because the NHI fund will cover the costs of people's medical care in the same way that medical aids do for their members.

South Africans will no longer be required to contribute directly to a medical health scheme to get quality health care.

But what about your medical scheme? Well, they're not going away, but they might change a bit. Instead of duplicating what the NHI offers, they could focus more on giving you extra benefits that complement what the NHI provides.

So, what does this mean for you? It's like trying to balance tradition with something new. You might still rely on your medical scheme for certain things, but you'll also get important services from the NHI.

When the NHI is fully implemented, the role of medical schemes will change, as they will provide cover for services not reimbursable by the NHI Fund.

Discovery Health argues that although it supports the NHI Fund as part of an integrated healthcare model, limiting the role of medical schemes would be counterproductive to the NHI because there are simply insufficient resources to meet the needs of all South Africans: 'Limiting people from purchasing the medical scheme coverage they seek will seriously curtail the healthcare they expect and demand.'

'It poses the risks of eroding sentiment, and of denuding the country of critically needed skills, and is impacting negatively on local and international investor sentiment and business confidence.'

Some objections to the NHI Bill include concerns about the standards of public hospitals, the financial burden of an additional tax on struggling South Africans, and the potential collapse of private medical aid services.

ARTICLE BY:  
CAPETOWN{ETC}.COM

# JUNE GARDENING IN THE WESTERN CAPE

There's always work to be done in the garden to keep green fingers busy – even in winter. Our June gardening guide is packed with tips, from keeping your garden healthy to which vegetables to grow in winter.

## Spotlight on: Indoor projects for kids

Keep your children busy these winter holidays with fun indoor-garden projects:

- We love an [eggshell succulent garden](#), and so will your grandkids. They're easy to make and an effective way to teach the basics of gardening.
- Dress up ordinary flowerpots with a [creative gumboot garden](#). They are also the best way to upcycle your old boots!
- Transform an ordinary herb pot into a work of art with just two creative tools: blackboard paint and chalk. Simply paint the rim or base of your terracotta pots (whichever style you prefer) with blackboard paint, then label with the herb name in chalk when it's dry.

## ON YOUR TO-DO LIST FOR JUNE

### Plant and sow

- Plant cool-season bedding plants such as alyssum, calendula, dianthus, lobelia, nemesia, pansies, sweet peas and violas.
- Azaleas, camellias and lilliums can be planted in dappled shade.

- Add Brussels sprouts, kale, leeks, onions, radishes, turnips and members of the cabbage family (broccoli, cabbage, cauliflower and spinach) to your vegetable garden.

### Feed

- Feed lemon trees with a 2:3:2 general fertiliser.
- Remedy yellowing leaves with a micro-element mixture such as Trelmix.
- Feed bulbs with bulb food once every two weeks and water well.
- Winter- and spring-flowering seedlings require an organic fertiliser such as Nitrosol or Atlantic All-purpose fertiliser every two weeks with a weekly watering.
- Check the edges of sweet peas. If they're brown and papery, feed with a 3:1:5 fertiliser.
- Feed indoor plants with Nitrosol weekly.

### Prune & Trim

- Remove side shoots on sweet peas to encourage strong upward growth.
- Trim autumn-flowering shrubs such as barleria, pride of India, ribbon bush and wild dagga.
- Prune fruit trees such as apricot, peach and plum.
- Prune roses after transplanting.

### Pests

- Keep an eye out for leaf miner on cinerarias and spray with Bioneem.
- Use Bioneem on conifers to ward off aphids, or dissolve insecticide granules in water to pour at the base of the tree.
- Use organic snail bait on clivias, daffodils and young seedlings.

### OTHER FRESH IDEAS

#### Create an indoor garden haven

As the weather cools down, you wouldn't be blamed for heading indoors and spending less time in the garden. Get your daily dose of gardening and keep your green fingers busy by building up your collection of indoor plants, instead. Not only are they air-purifying (some varieties more than others), but they're certain to make your winter home that much more cosy.

