

"What's Happening"

DIEP RIVER



"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

~ Nelson Mandela ~

Dear Residents,

I hope you're all well.

Next week we jump into June off the back of a Public Holiday. Wednesday however is not just any holiday- it is probably the most important day we will have over the next four years (not counting National Braai Day) as each South African gets to exercise their right to vote for who they would like to run our country and provinces. We live in one of the most beautiful countries in the world and I can't imagine anyone not wanting to see it prosper so please make sure you cast your vote on Wednesday.

And, with an extra day off to relax we've included additional articles this week for your reading pleasure.

Read all about South Africa's amazing achievements, first at this years Chelsea Flower Show and then another award for the Mother City which was voted the 2nd best city in the world.

Then, for all those who used to commute by train into the city centre you can read about the long awaited redevelopment of the Cape Town station which is finally complete.

On the food front we highlight which foods and herbal teas will keep you warm and healthy this winter, and we end off with tips and recommendations on cleaning your dishwasher.

Wishing you all a great weekend,

Regards,
Riaan and the Evergreen Team

IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

BISTRO

Weekly lunch Menu

BLOOMIN MARVELLOUS

SA's triumphant return to The Chelsea Flower Show

WINTER WARMERS

Foods to keep you warm through winter

CAPE TOWN IN THE NEWS

CT claims second spot as World's Top City in 2024

Redevelopment of the Cape Town Station is complete

HEALTH MATTERS

Herbal teas for coughs and colds

AROUND THE HOUSE

How often should you clean your dishwasher

WEEKLY ACTIVITIES

MON 27 MAY	 CLINIC SR SHARON ADAMS	09h30 SKY LOUNGE MOVEMENT CLASS		
TUE 28 MAY			14h00 BISTRO KNITTING GROUP	
WED 29 MAY		10h15 POOL AQUA AEROBICS		
THUR 30 MAY	10h30 RECREATION LOUNGE FELLOWSHIP GROUP	14h00 BISTRO GAMES AFTERNOON		
FRI 31 MAY				18h00 RECREATION LOUNGE MOVIE NIGHT
SAT 1 JUN				18h00 BISTRO RESIDENT BRAAI
SUN 2 JUN				

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

27 MAY - 2 JUNE

MONDAY - R45

Option 1 - Mild butter chicken curry on white rice with seasonal vegetables.

Option (V) - Mild lentil and green bean curry on white rice with seasonal vegetables.

TUESDAY - R45

Option 1 - Beef Burger with cheese, chips and side salad

Option (V) - Plant-based burger with cheese, chips and side salad

WEDNESDAY - R45

Option 1- Grilled chicken leg quarter with sweet potatoes fries and seasonal vegetables

Option (V) - Vegetable quiche with sweet potatoes fries and seasonal vegetables

Option 2 (V) - Minestrone soup with crusty bread (R35)

THURSDAY - R45

Option 1- Minced beef and onion pie with mashed potato and seasonal vegetables

Option (V) - Vegetable and chickpea pie with mashed potato and seasonal vegetables

FRIDAY - R45

Option 1 - Fish and chips served with side salad

Option (V) - Plant-based "chicken" and roasted vegetable wrap with chips and a side salad

SATURDAY - R60

Take-away only - Traditional bobotie with yellow rice and seasonal vegetables

SUNDAY - R60

Take-away only - Southern fried chicken with baked potato, yellow rice, roasted butternut and cauliflower bake

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

South Africa's long and hard road to the Chelsea Flower Show

South Africa's triumphant return to the world's greatest floral feast, the Royal Horticultural Society, Chelsea Flower Show in London this week, followed a hard and long journey.

Despite being absent from what was described as the Olympic equivalent of the flower, plant and landscape design world, for four years due to funding problems, South Africa returned in 2024 with a bang, or rather a bloom, winning a gold medal and awards for the Best Exhibit in the Pavilion and the Best New Design – a first for the country.

South Africa has been winning gold at the Royal Horticultural Society (RHS) Chelsea Flower Show in London since 1976 – for 43 years. Before this year the last time the country competed was in 2019 when it won gold again.

However, after the Covid-19 pandemic, the team faced the almost insurmountable problem of having to acquire new sponsors as the South African National Biodiversity Institute (Sanbi), the previous donor, was unable to support the South African exhibition at the show.

Marinda Nel, project manager of South Africa's exhibit at the show this year and previous chair of the Botanical Society Kirstenbosch Branch, said this year's exhibit was possible because of a small team from the private sector, civil society, partners and encouragement from members of the RHS and the Chelsea Show management.

“It was a completely wild process from the beginning. We've been asked by so many South Africans who were saddened that we were no longer at Chelsea. People took great pride in the fact that we were winning and people are really passionate about fynbos,” she said.

This year's exhibit was inspired by the Cape mountains – a series of ranges that run from Cederberg, 200km north of the Cape Peninsula, along the coast for 850km to Gqeberha in the east. Large panels weave through the exhibit's landscape as if carved by nature, creating an earthy backdrop for vibrant flora to take centre stage.

Sourcing 22,000 rare flowers and plants from remote farms around South Africa to London was not an easy task, for an exhibit showcasing the country's diversity from the coastal sands to the rich fynbos found in different biomes of hills and mountains and cut-flower hybrids.

The hardware and the sculpting were done using wood, clay and hay bales, while the flower display consisted of about 14 different protea species and 22,000 flower stalks in the garden.

In an interview with Daily Maverick, the head designer of the exhibit and floral installer, Leon Kluge, said some of the furthest flowers collected were from KwaZulu-Natal, the King Proteas. Then the team moved down the Garden Route and up to Cederberg.

The process of bringing the flowers to the show was meticulously planned. Proteas were carefully harvested from various remote farms and transported to Cape Town. From there they travelled to Dubai and then to London.

Kluge said: “Each farm has something really unique and it was only harvested from cut-flower farms, so no wild harvesting whatsoever. Proteas are now being grown in Australia, Hawaii and Argentina, but we are the hub of proteas and we have so many more species that we want to present here.

“By the time the flowers arrive at the show, they are already a week old. We immediately then cut all the stems so they can drink because they are really dehydrated and thirsty. They're all flat and don't look rich at that moment, so we put them in buckets of water and then they slowly start to drink and puff out.”



The resilience is one of the reasons proteas are such successful cut flowers, capable of lasting more than a month in a vase and retaining their beauty even when dried.

Kluge and his team, including Tristan Woudberg who handled the hard landscaping and clay mountain sculptures, worked tirelessly to bring the exhibit to life, along with volunteers who sorted out their flights and accommodation.

“It’s a hell of a lot of work with a very short timeframe. It took one week to build and then one week for the flower installation. Then at the end of the two weeks is the judging,

“This year... five minutes before judging, we had a big dove coming to sit on our walls (the clay mountains), one of these London doves, and then made his mark on our wall. It caused a lot of drama... There was nothing we could do. It was nature’s painting on our clay,” he said.

Despite the challenges, the team’s hard work paid off.



THE INSPIRATION BEHIND THE EXHIBIT

South Africa is home to the Cape Floral Region, one of the six identified floristic kingdoms in the world. It is also a Unesco heritage site, representing less than 0.5% of Africa but containing 20% of the continent’s flora.

The density, endemism and diversity of an estimated 9,000 plant species have made this region one of the world’s 35 biodiversity hotspots. Kluge said the sculpted clay mountains represented the dramatic mountain ranges from the fynbos areas of the Cape.



“Those mountain ranges create a few things. First are little pockets of endemic species that only occur in those habitats in between the mountains. That’s where the windows come in, so you have a little look into those little pockets where very rare proteas and fynbos usually occur that most people have never seen.

“The cracks in the clay represent our extremities in our seasonal change. We have a really wet, cold but very colourful and green winter in the Cape, in the fynbos. Then at the same time in summer, it’s really dry and the earth cracks open, and it’s the time when the proteas are resting a bit. That’s all necessary for them to be healthy,” he said.

Kluge said it was very important to keep the flowers at a very low temperature throughout the trip to the show.



HEALTHY FOODS TO KEEP YOU WARM THIS WINTER

ARTICLE: IOL.CO.ZA

Temperatures have already started dropping across the country and with winter on the horizon, this season is notorious for food cravings which make us feel warmer from within.

But experts have urged for the consumption of foods that take longer to digest during the colder months.

This can include turmeric, green vegetables, fruits and whole grains which can keep you warm throughout the day.

These foods are also rich in antioxidants and anti-inflammatory properties. They also promote longevity and reduce the risk of cardiovascular disease and diabetes.

Here are some of the best foods for winter that help to keep warm and protect you from health issues.

CITRUS FRUIT

Vitamin C boosts both your immune system and your mood. Traditional sources include citrus fruits such as oranges, grapefruit and lemons. Meanwhile, strawberries, mangoes and kiwis are also high in vitamin C.

You can add vitamin-C-rich broccoli, cauliflower and bell peppers to any dish. If you can't find them fresh, you can also buy them frozen.

NUTS AND SEEDS

Nuts and seeds, such as almonds, walnuts, flaxseeds, and chia seeds, are packed with healthy fats that provide insulation and keep the body warm.

They also contain protein, fibre and essential nutrients. You can consume nuts and seeds by eating them raw, adding them to cereals, yoghurt, smoothies or using them in baking recipes.

SWEET POTATOES

Along with being tasty, sweet potatoes contain twice as much fibre as any other kind of potatoes. They are full of important nutrients like vitamin A, potassium, vitamin C, and vitamin B6.

Sweet potatoes are also known to boost immunity, cure constipation and reduce inflammation. You can roast, bake or eat them any way you want to keep you warm during the winter.

GHEE

Another food to keep the body warm during the chilly months is ghee. It is one of the most easily digestible fats that can be used in cooking several dishes like curries, soups, salads and vegetables.



SAFFRON

Saffron in winter is one of the best things to keep yourself warm and nourished. The health benefits of saffron make it more special, such as helping to boost your mood and immunity.

They also aid in weight loss and they have cancer-fighting properties. You can take a glass of milk with saffron at night or in the morning.

SESAME SEEDS

Sesame seeds become a winter essential, bringing a nutritional flourish to cold-weather diets. Rich in healthy fats, protein and minerals, they provide warmth and energy.

These tiny powerhouses can be sprinkled over salads or added to soups. Not only do sesame seeds enhance the taste and texture of winter dishes, but their nutrient profile also contributes to bone health and overall vitality during the chilly season.



ROOT VEGETABLES

Root vegetables like beetroot, carrots, and turnips are plentiful during the winter months and packed with essential nutrients, including beta-carotene, and vitamins C and A, which give your immune system the boost it needs to protect you from colds and flu.

With olive oil, lightly coat sliced root vegetables and roast them slowly in the oven until their natural sugars caramelize.

SOUP

Soup is winter's perfect food - as long as you hold the cream, salt and beef. Look for soup recipes that call for chicken broth, vegetable broth or water as the base and include a lot of vegetables.

Adding canned or dried beans or lentils to your soup also adds fat-free protein as well as much-needed fibre. Protein and fibre both curb your appetite by slowing down digestion and controlling blood sugars, which can help with controlling hunger and bolstering mood.

DARK LEAFY GREENS

Foods like spinach, kale and Swiss chard are excellent sources of vitamins and minerals. They help increase metabolic heat production, promote digestion, and support immune function.

You can consume dark leafy greens by adding them to salads, stir-fries, soups or by making green smoothies. To consume these foods correctly, it is best to include them as part of a balanced diet.

Incorporate them into various meals and snacks throughout the day. Be mindful of portion sizes and consider cooking methods that retain their nutritional value. It is also important to listen to your body and choose foods that you enjoy and suit your specific dietary needs and preferences.





CAPE TOWN CLAIMS SECOND SPOT AS WORLD'S TOP CITY IN 2024

Cape Town, the second-largest city and legislative capital of South Africa, has secured second place as the best city globally this year, as per a survey conducted by Time Out, a prominent global media and hospitality enterprise.

Time Out's evaluation of top cities considered vibrant neighbourhoods, affordable dining options, and a diverse array of activities ranging from art galleries and museums to live entertainment and community engagement.

Business Insider Africa reported that the rankings were based on factors like local happiness, access to green spaces and community cohesion.

Time Out meticulously curated a list of the top 50 cities worldwide, with Cape Town clinching the second spot, trailing only behind New York City. Collaborating with research firm Potentia Insight, Time Out ensured a precise interpretation of the collected data during the survey process.

Both teams conducted extensive surveys among thousands of urban residents, assessing various qualities such as the quality and affordability of food, cultural offerings, and the vibrancy of nightlife in their respective cities.

Additionally, they delved into residents' happiness levels, inquiring about factors like the overall beauty of the city and the ease of social connections.

The multitude of responses provided valuable insights into the realities of life in some of the world's largest cities today.

Cape Town emerged with exceptional scores across all criteria, with 100% of its residents affirming the city's attractiveness and its ability to evoke happiness. Moreover, Cape Town's cultural scene garnered the top rank globally for its quality.

Residents celebrated the city's natural beauty, from the majestic cliffs of the Cape Peninsula to the lush vineyards of the Winelands, as well as its rich historical landmarks. Undoubtedly, Cape Town stands as a source of pride for South Africa, solidifying its position as one of Africa's top three largest economies.

Additionally, they highlighted the diverse array of activities available in the city for both residents and tourists alike. These activities range from embarking on safari adventures in nearby game reserves to wandering through the cobblestone alleys of the Victoria & Alfred Waterfront.

Visitors can also explore cultural landmarks such as the District Six Museum, the historic Robben Island, and the vibrant, colourful homes of Bo-Kaap, among other attractions scattered throughout the city. These experiences offer awe-inspiring encounters for the senses, further enhancing Cape Town's allure.

Maughan says the building boasts solar and energy efficient appliances including many safety features, specifically related to fire compliance. "Due the large number of students to be housed in the building, it was essential that control measures were put in place to monitor water and electrical usage alongside an efficient, centralised water heating solution."

He says GVK-Siya Zama is delighted with the outcome of the project. "It showcases our ability to work on large, complex projects within tight budget and time constraints. We also believe our success is due to our ability to attract the best people in the industry and create a work environment that is supportive and friendly." Cape Station stands testament to a visionary team committed to delivery of this fine development.

ARTICLE BY:
CAPETOWN{ETC}.COM

REDEVELOPMENT OF CAPE TOWN STATION IS COMPLETE



This is despite experiencing one of Cape Town's wettest winters in 10 years last year, which threatened to derail the process

One of the company's largest projects to date, by value – and its largest in the Western Cape – the development has opened a direct corridor between Strand Street and the Cape Town railway station. It boasts an unrestricted and pedestrian-friendly thoroughfare through a 'grand entrance' galleria.

Aligned with similar projects in European cities where less desirable spaces are being transformed into sought-after residential and retail offerings, the 77,000m² redevelopment incorporates a 20-storey, 3 000-bed purpose-built student accommodation facility, 6 700m² of retail space and a new world-class public square.

GVK-Siya Zama's Managing Director of its Cape business unit, Chris Maughan, says the purpose was to introduce student accommodation in a transport node that could service both UCT, CPUT and other significant tertiary educational campuses.

"The project had to be complete in time for the 2024 student intake. The 20-storey building required hoisting of some 9 000 000 bricks, which meant many extra hours of crane hook time and additional protection and resources while navigating adverse weather conditions."

The team was also challenged to use budget-conscious products and deliver them in upmarket fashion. "Many elements had an industrial look and feel. We had to find ways to retain the architectural features without making the development feel too basic," adds Maughan. Due to the size of the project, financial consideration played a critical role in product selection, and it became increasingly challenging to ensure that cost effective products did not distract from aesthetic goals and the envisioned design.

With student safety and wellbeing as primary focus, the development includes several study hubs, seven-a-side football fields on the fourth floor of the building and cinema and relaxation areas to create a safe, enjoyable and practical living space.

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ARTICLE BY:
ZAWYA.COM

Herbal teas that help with coughs and colds



Drinking tea has shown to be beneficial when suffering from a cough. Research indicates that tea helps the immune system naturally recover.

Tea has a soothing effect on a sore throat, offering prompt relief from coughing. In certain instances, it has proven to be more efficacious than prescribed medications.

It also assists the body in expelling built-up mucus, thereby relieving discomfort associated with congestion.

Herbal teas, such as Rooibos are renowned for their anti-inflammatory properties, helping to combat coughs and colds.

These herbal teas are recommended.

HONEY TEA

Warm water infused with raw honey provides a natural remedy for coughs and colds, offering relief to a sore throat by reducing internal inflammation.

Raw honey has been shown to act as a natural cough suppressant and diminish mucus production. Adding honey to your preferred herbal tea can help loosen phlegm, alleviate discomfort, and suppress coughs.

LEMON-BASED TEAS

Teas infused with lemon, such as lemon balm tea or lemongrass tea, boast high levels of vitamin C and antioxidants, bolstering the immune system and shielding against flu symptoms. Brewing multiple cups throughout the day can enhance immunity.

GREEN TEA

Renowned for its health benefits, green tea contains antioxidants and polyphenols that combat inflammation, eliminate harmful bacteria, and enhance immunity.

Steep loose leaf green tea for five minutes, then add a touch of raw honey for added soothing properties.

Ginger Tea

Ginger tea is a beloved choice, particularly in colder seasons, renowned for its anti-inflammatory and antioxidant properties.

It may ease flu symptoms, soothe irritated throats, and relax airway muscles, reducing coughing.

PEPPERMINT TEA

Peppermint tea, rich in menthol, possesses antimicrobial, antioxidant, and anti-inflammatory properties, providing relief for sore throats and suppressing coughs while clearing blocked sinuses.

CHAMOMILE TEA

Chamomile tea contains flavonoids with soothing properties, ideal for consumption before bed due to its calming effects. It reduces inflammation, alleviates throat pain, promotes restful sleep, and may alleviate symptoms of depression.

ECHINACEA TEA

Echinacea, renowned for its ability to combat respiratory infections, strengthens the immune system and reduces the risk of coughs and colds. Brewing echinacea tea offers a tasty means of reaping its protective benefits.

LICORICE ROOT TEA

Licorice root tea, with its slightly bitter yet sweet flavour profile, boasts antiviral and antibacterial properties, aiding in the fight against colds and coughs by inhibiting harmful bacteria and viruses.

ELDERBERRY TEA

Packed with antioxidants, elderberry tea derived from the dark berries of the elderberry plant can shorten the duration of cold and flu symptoms.

HIBISCUS TEA

Rich in vitamin C and antioxidants, hibiscus tea boosts the immune system and promotes rapid recovery from flu symptoms.

While various herbal teas offer relief, including honey tea, peppermint tea, and licorice root tea, it's essential to select them judiciously. If symptoms persist beyond three weeks, it's advisable to seek medical advice.

ARTICLE BY:
IOL.CO.ZA.

How Often Should You Really Clean Your Dishwasher Filter?

We Asked an Expert



When was the last time you cleaned your dishwasher filter? If your answer is never, then you're in the right place.

Designed to filter water and capture food residue, your dishwasher filter is a kitchen workhorse. But, because dishes harbor food and grime (all captured by the filter), it needs to be cleaned more often than you think.

Appliance expert Tim Willis encouraged us to give this dishwasher piece a good cleaning once a month, taking it out and scrubbing it. This will remove any excess dish detergent that's been blocking your filter and possibly affecting its performance—more on that in a moment.

For more on all things dishwasher filter cleaning—and how to make this simple cleaning task a part of your routine—keep on reading.

4 WARNING SIGNS OF A DIRTY DISHWASHER FILTER

If you haven't been on a monthly filter cleaning schedule for its filter, your dishwasher will likely remind you in a few not-so-subtle ways that it's time to complete this easy maintenance task.

1. There's a foul odor when you open up the door. That build-up can make your dishwasher smell less than fresh. Food debris and grease can also create a breeding ground for bacteria and mold, according to Sokolowski—and yes, those gross things can indeed transfer to your dishes.
2. Your dishes aren't that clean. You might think that anything is better than doing the dishes yourself, but you won't be pleased with your dishwasher's performance when there's a dirty filter involved.
3. There's water in the bottom after a cycle. A dirty or clogged filter could contribute to drainage issues, leaving pooled water at the bottom of your dishwasher. Standing water can further contribute to odors and may even damage the dishwasher over time, says Sokolowski.
4. Wash cycles take longer. A dirty filter will make your dishwasher work much harder, which means you'll likely experience longer wash cycles—a huge waste of energy and water, notes Sokolowski.





If it's clean, then the water should flow right through those tiny holes. But if the water is running off or around the filter, scrub it a bit more.

If you're finding the filter to be rather gunky month after month, then it might be time to consider how much detergent you're filling your dishwasher with at the start of each cycle (spoiler alert: it's probably too much).

Willis says dishwasher detergent pods are the better choice for keeping more gunk out of your dishwasher filter because they come in regulated doses.

"You can't overfill it, and you can't underfill it," he says.

DO THIS INSTEAD OF PRE-RINSING

You might think pre-rinsing your dishes would be a good thing for your dishwasher because you're not forcing it to work as hard. But you're doing more harm than good, and not just in terms of wasted water—although that is certainly reason enough to skip this step.

Instead of pre-rinsing, Willis recommends scraping away food remains from the dishes before loading them up the dishwasher. In short, let the dishwasher and the soap do their jobs.

"The only way soap goes down the drain is if it has something to cling to," Willis explains. Otherwise, if your dishes are clean, the soap will stick to everything else in the dishwasher—including your plates.

Of course, Willis says to use your best judgment. If you've left egg-covered plates in the sink before they made their way into your dishwasher then yes, a pre-rinse would be helpful.

Sokolowski agrees. Pre-rinsing may be necessary for some older dishwashers or heavily soiled dishes, but modern dishwashers can generally handle a certain amount of food residue, she says.

Expert Tips for Cleaning the Dishwasher Filter

If you're reluctant to pull components out of a major appliance in your home, don't worry: Willis says it's quite simple. Depending on your model, it might be as simple as gently pulling the filter out or giving it a slight twist like a screw to remove it.

Wondering if your dishwasher filter is clean enough? Willis recommends testing it by running water through it slowly.

WHAT TO DO WITH A SELF-CLEANING FILTER

Depending on the dishwasher model you have in your kitchen, cleaning your dishwasher filter might not be a necessity. Many newer models feature self-cleaning filters, according to Willis.

A self-cleaning filter has a mechanism similar to a garbage disposal that will grind up any food and other particles and flush them away. But even then, you might still have to maintain a self-cleaning filter depending on the dish detergent you're using or if you have hard water, says Willis.

