

“What's Happening”

DIEP RIVER



“Do not let what you cannot do interfere with what you can do.”

~ John Wooden ~

Dear Residents,

I hope everyone had a good weekend despite the Protea's frustratingly narrow loss to India. Luckily the Baby Boks got off to a winning start against Fiji in the under-20 Rugby World Championship being played right here in Cape Town. The boys will be in action against Argentina on Thursday at 19h00 and again on the 9th against England but in between these two matches, the Springboks take on Ireland in a much anticipated clash between the 2 top ranked teams in world rugby.

Still on sport, Wimbledon kicks off today. South African Lloyd Harris will be playing at 14h30 after a last minute qualification for the tournament. We will definitely have the strawberries and cream ready by the time we reach the play-offs.

In this week's newsletter we learn that herbs are not just for main meals and salads, they pair perfectly with desserts too!

If anyone was wondering who was flying around late at night last week, we bring you more information on Cape Town's crime fighting 'eye-in-the-sky'.

Retirement can be daunting for some so be sure to take a look at the article on the 4 stages to a happy retirement on page 12.

We end with ways in which nature's little miracles help keep bugs and pests away from your prized veggies and flowers!

Wishing you all a great weekend!

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 1 JUL	09h30 SKY LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC  SR SHARON ADAMS
TUE 2 JUL		12h00 BISTRO LUNCH	14h00 BISTRO KNITTING GROUP	
WED 3 JUL	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH		
THUR 4 JUL		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
FRI 5 JUL		12h00 BISTRO LUNCH		18h00 RECREATION LOUNGE MOVIE NIGHT
SAT 6 JUL				18h00 BISTRO RESIDENT BRAAI
SUN 7 JUL				

BIRTHDAYS

1 JUL NIC VELDMAN - APT 109
 1 JUL JANINE HENDRICKS - EVERGREEN TEAM
 4 JUL MOIRA PEAD - APT 309
 9 JUL GERTRUDE FORTUIN - APT 205
 17 JUL LISA POSWELL - APT 105





Bistro

LUNCH MENU
1-7 JULY

MONDAY

Cape Malay chicken curry with rice and sambals
or
(V) *Creamy vegetable pasta bake with seasonal vegetables*

TUESDAY

Classic pork bangers and mash with gravy and sweet green peas
or
(V) *Plant-based bangers and mash with gravy and sweet green peas*

WEDNESDAY

Thai chicken stir-fry with egg noodles
or
(V) *Mediterranean roasted vegetable wrap with feta, served with chips and a side salad*

THURSDAY

Traditional bobotie with yellow rice and seasonal vegetables
or
(V) *Butter and lentil casserole with rice and seasonal vegetables*

FRIDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) *Roast butternut, mushroom and spinach lasagne, with a side salad*

SATURDAY (Take-Away)

Grilled ¼ chicken with savoury rice and seasonal vegetables
or
(V) *Cheesy Margarita pizza served with a side salad*

SUNDAY - (Take-Away) R65

Rosemary and garlic roast topside with roast potatoes and seasonal vegetables and gravy
or
(V) *Creamy spinach and mushroom pasta*

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 | R45pp

FROM THE DIRECTOR OF **MEAN GIRLS** AND **FREAKY FRIDAY**

BROOKE
SHIELDS

MIRANDA
COSGROVE

BENJAMIN
AND **BRATT**

Mother ^{of the} **BRIDE**



WRITTEN BY ROBIN BERNHEIM BURGER DIRECTED BY MARK WATERS

FRIDA, 5 JUNE AT 18H00
BOOK YOUR SEAT AT RECEPTION OR ON EXT. 1400

JOIN US FOR A VERY
MERRY

Christmas in July

— AT —

18 JULY 2024
EVERGREEN DIEP RIVER

Sparkling wine on arrival

Main Course

OAK-SMOKED BEEF FILLET

*served with baby vegetables, pomme puree
and a red wine jus*

Dessert

FRUIT MINCE PIES

*deconstructed and served with maple glaze
and Chantilly cream*

R95pp

18H00 FOR 18H30 | PLEASE BOOK AT RECEPTION OR CALL EXT. 1400 | WELCOME DRINK
INCLUDED IN MENU PRICE

RESIDENTS ARE WELCOME TO PROVIDE THEIR OWN DRINKS
BOOKINGS CLOSE FRIDAY 12 JULY



5 SAVOURY HERBS TO PAIR WITH SWEET DESSERTS

Fresh herbs are known for imparting a fantastic flavour to savoury dishes, but there are also many earthy savoury herbs that pair well with desserts or in sweet dishes to add interest and enhance the flavour of the food.

Herbs like lavender or mint are obvious choices in sweet dishes, but there are many more options that, when matched with the right dessert, make for an unbeatable combination.

Savoury Herbs To Pair With Sweet Desserts:

THYME

Thyme is a mild herb. This savoury herb pairs well with sweet biscuits like shortbread, cakes and any dessert that has fruit in it. Thyme leaves added to a peach tart, for example, heighten the sweetness of the fruit and round off the dessert. Lemon and thyme are an excellent combination and perfect together in a cupcake, iced with vanilla and thyme icing. If you plant lemon thyme, you have the best of both worlds too.

Plant thyme in a sunny spot in well-draining soil or on a sunny windowsill in a pot. It's a hardy perennial that needs little attention. Water deeply when the soil is dry and harvest the fragrant leaves regularly for use in the kitchen. Add a mulch of compost in spring to provide extra nutrients and prune back to contain the growth if necessary.

Basil

Usually used in savoury dishes like pesto, basil is also excellent when paired with fruit and cakes. It has a peppery sweetness that makes it good for both sweet and savoury dishes. It goes well with creamy dishes and ice cream, fruit granitas and makes a refreshing sorbet.

Infuse basil into sugar for a syrup that can be poured over cakes, meringues and cream, and fruit salad.

Sweet basil likes lots of water and soil that is moist yet well-draining. It prefers at least 6-8 hours of sun a day, but will also do well in a partially shaded position. Plant in the warm months and add a layer of mulch to preserve moisture in the soil. Keep pruning off the centre shoots to prevent the plants from flowering and going to seed. This makes them bushier and provides more leaves to use in the kitchen.

ROSEMARY

Rosemary is a great herb for cakes and desserts, especially when paired with citrus. The piney peppery taste of rosemary enhances the flavour of sugar and makes for an interestingly deep flavour. Use in pastry for a woody taste and in syrups to pair with baked fruits, to enhance the flavour of baked custards or infused into ice creams or granitas.

Rosemary grows well in a sunny spot with well-draining soil. As a perennial shrub it can grow quite tall – up to 2m depending on the variety – but it can be trimmed to keep it low. There are also cascading varieties that will grow down a wall for a more Mediterranean look. They prefer warm temperatures and will not withstand the cold – in that case, grow in containers that can be moved indoors.

BORAGE

Borage has long been used in the making of cocktails, especially the pretty blue flowers, but it can be used in desserts as well. The leaves are also edible and taste a bit like cucumber with a touch of salt. It pairs well with lemons in lemonade or strawberries in daiquiris, but also in jellies, cakes and syrups. You can use the blue flowers as decoration by candying them too.

Borage is an exceptional pollinator magnet (especially bees) and grows in just about any soil in a sunny position. With regular watering, it will grow lush and have many flowers in summer and into autumn.

PARSLEY

Perhaps one of the most unusual herbs to use in desserts, parsley has an earthiness that doesn't immediately say sweet. However, it has become more popular in cakes, tempered with a few handfuls of mint, and it's used in recipes for Japanese cheesecake served with strawberries. You can also use it in ice cream or infuse into a sugary syrup for fruit, especially stone fruit and berries.

Parsley is easy to grow in containers or in the garden in a sunny position with at least 4 hours of sun a day. Give them plenty of water and harvest regularly to keep the plants pruned and spouting new growth. It needs fertile soil that drains well and monthly fertilising to keep it healthy.

ARTICLE BY:
GARDEN&HOME



CAPE TOWN SHOWCASES ITS NEW CRIME-FIGHTING SECRET WEAPON

On Monday, the City of Cape Town showcased Eye-in-the-Sky, its newest crime-fighting weapon.

The aerial surveillance technology, or information, surveillance and reconnaissance (ISR) technology, is used to combat gang incidents and poaching, locate stolen vehicles, monitor vegetation fires and gather information on other criminal activities.

The Eye-in-the-Sky is a two-seater piloted aircraft (a Cessna 337) fitted with state-of-the-art cameras which provide high-definition aerial imagery for smarter policing operations. Its infrared cameras allow it to register the heat from a recently fired firearm, detect body heat in cold water or even the wheels of a speeding vehicle.

It can also fly higher than a drone. During the demonstration, which featured a staged search, rescue and car chase scenario, Western Cape Premier Alan Winde said he was impressed by the technology's crime-fighting ability.

'[This] will give the edge to our 1 300 new officers we have deployed via the LEAP partnership between the Western Cape Government and City.' 'This morning's demonstration showed how the City is able to carry out a search, rescue, and chase operation using integrated technology, from aerial surveillance to bodycams on officers, and licence-plate recognition cameras along highways,' he adds.

'This is a big step towards smarter policing, where technology is better utilised.' Cape Town Mayor Geordin Hill-Lewis says the City will invest R610 million into various 'safety tech' over the next three years, following a R200 million investment in the current financial year.

'Welcome to the future of crime fighting in Cape Town! I can't wait to see this Eye-in-the-sky technology in use alongside the other tech we are investing in, including drones, dashcams, bodycams, gunshot detection, licence-plate recognition cameras, and EPIC - the master digital coordination systems for all City crime prevention.'

'But crucially, all of our investments cannot substitute for a well-functioning police service. That's why we have to also keep fighting for the devolution of more policing powers, especially the power for our officers to investigate crime,' Hill-Lewis added.

JP Smith, the City's Mayco member for safety and security, says the ISR technology can cover large geographical areas, stay in the air longer during reconnaissance flights and is less weather-dependent than drones.

'Recently on 30 April, the City's Eye-in-the-Sky closely recorded poachers in Hout Bay from kilometres away, enabling a raid on the startled criminals at their residence nearby. Over 3 000 crayfish and a high-powered boat [were] seized, with the entire crime documented for prosecution.'

'We are excited about the prospects of this secret weapon, especially in combatting drug dealing, gun violence and gang activity. The aircraft will also assist with improving rapid response time by officers during planned operations as precise information can be relayed.'

Additionally, the City plans to use the technology to help in other areas, including monitoring high-voltage lines, vandalism of critical infrastructure and biodiversity-related issues.

ARTICLE BY:
CAPETOWN{ETC}

THE FOUR STAGES OF RETIREMENT (TIMES TWO)



The complexity of the concept of money can be simplified by two aspects - technical and psychological. Two sides that can also break down retirement.

When it comes to retirement, we can actually talk about the FOUR x FOUR stages of retirement. Money, a concept we're all familiar with, has two distinct aspects: the technical side, which deals with numbers and calculations, and the psychological side, which involves our emotions and attitudes. Retirement, too, can be viewed from these two angles.

I have previously shared the illustration below, but I believe it remains a relevant depiction of the core message. One could easily substitute the word "money" in the heading below with "retirement."

While both sides of money (and retirement) are equally important, subconsciously, each side impacts the other side. The emotional side of retirement often has the longest and most profound impact on one's life. Considering that we can easily spend a third of our lives in retirement, the psychological impact of retirement cannot be ignored. We know that emotions drive more than 80% of investment and money decisions. In many cases, we also know that psychological challenges linked to retirement outweigh financial challenges.

Let me delve into the two sides of retirement a bit more.

We are all familiar with the number-crunching game when it comes to retirement planning. The talk is about setting goals and creating investment portfolios to meet objectives. This is one of the first talks you have when you start your investment strategy, and target versus actual returns are discussed at all future meetings.

Don't get me wrong, these are important talks. If you don't meet these targets, you will have to face some tough decisions when retirement arrives and trust me, retirement arrives much quicker than most people anticipate.

Investopedia defines the four technical stages of retirement as follows:

STAGE 1: PRE-RETIREMENT (AGES 50 TO 62ISH)

This is the decade or so leading up to retirement. You will still be working, but retirement is approaching, and you have much more retirement-related concerns on your mind. A much clearer picture of your nest egg is starting to form, and you start thinking about retirement income, expenses, and taxes.

Some of the concerns, like whether you will have enough money to survive retirement, become top of mind.

STAGE 2: EARLY PERIOD OF RETIREMENT (AGES 62 TO 70)

Some significant changes in your budget will occur when you first retire. Budgeting and managing your expenses will become more important, especially if you do not have a pension that provides a regular, consistent income.

Buying luxury items or spending money on lavish holidays may become more of a challenge. Often, retirees realise this too late and delve into future reserves to still enjoy these pleasures while they should be more conservative with their spending.

It may become necessary to downsize a home, move to a more desirable environment, and consider consolidating investments to simplify your reporting and investment structures. A re-look at estate planning is also a good idea.

Continue
**ARTICLE BY:
MONEYWEB.CO.ZA**

STAGE 3: MIDDLE RETIREMENT (AGES 70 TO 80)

Adjusting your investment portfolio may be necessary to ensure your asset allocation is suitable for sustainable income with limited volatility. Medical expenses start rising. Moving becomes a consideration if you do not yet live in a retirement home or village. Frail care and the associated costs become part of the present and future budget. Other expenses may come down. Travelling may be reduced and limited to local holidays. Hopefully, children will stop coming to you for money, and your need for life assurance may be less.

If you do not have a pension plan, finding ways to save a little money every month may be a good idea. Make sure that you claim all the tax credits that you qualify for. Letting your property or sub-letting a portion may be a consideration.

STAGE 4: LATE RETIREMENT (BEYOND 80)

Healthcare costs are likely to escalate since this is the time in life when most is spent on medical bills. Moving to an assisted living or a frail care facility will attract additional costs. Your earlier savings (Stage 3) will come in handy now. Other costs should remain similar to those in Stage 3.

If you cannot afford assisted living costs, discussions with family members may be necessary to consider options of living with them.

Investopedia then delves into retirement budget calculators and more money-related planning advice. These are good guidelines, but they do not provide the whole picture.

Let's now move to the next level.

Dr Riley Moynes has a very relevant presentation about "How to squeeze juice out of retirement". In his presentation, he defines the four phases of retirement as follows:

PHASE 1: VACATION PHASE (ALSO REFERRED TO AS 'THE HONEYMOON PHASE' ELSEWHERE)

For most people, this is the phase they look forward to the most. This is the life-long holiday where one does nothing but play golf, go for beach walks, travel and visit family and friends.



But soon, boredom sets in. Then, one starts to miss the structure and discipline of working life.

PHASE 2: FEEL LOSS AND LOST

Once the "honeymoon" phase is over, reality sets in, and often retirees experience a feeling of loss, and they feel lost. We often refer to the "Big Five" losses:

- Loss of routine (work routine and time frames);
 - Loss of identity (who am I versus what am I);
 - Loss of relationships (no longer interacting with colleagues);
 - Loss of purpose (what am I waking up to?); and
 - Loss of power (no longer the boss).
- These five losses often also lead to the three Ds:

- Divorce (since 1990, the divorce rate has more than tripled for those over 60);
- Depression (one of the biggest challenges in retirement); and
- Decline (emotional and physical health decline).

Before retirees can experience and enjoy Phases 3 and 4, they have to deal with Phase 2 and feel fear, anxiety and depression. No one said retirement was going to be easy, so buckle up!

Many feel that they cannot continue with the trend in Phase 2, which leads to Phase 3.

PHASE 3: TRIAL AND ERROR

Identify your interests and what you are good at. This often leads to some soul-searching and delving into the past when you had hobbies and extracurricular interests. Fire up these hobbies and interests again.

Keep on trying until you find something you want to get up to. Even if the first few attempts fail, don't give up. Try and try again.

You want to reach a stage where you want to wake up and look forward to the day filled with "stuff".

Not many people move to Phase 4. If they do, it is the most rewarding experience in retirement.

PHASE 4: RE-INVENT AND REWIRE

Some tough questions must be answered:

- What is my purpose?
- What is my mission?
- What will provide a sense of achievement?

For many, the answer lies in helping others. This can take many forms, such as community work (monetary assistance or physical help/work), teaching people a language or a subject you are good at or have an interest in, mentoring people or tutoring them in special skills, or providing them with general information that they may not have. This can be done as an individual or within a group with a common interest.

Who says getting old and retiring is boring? Be creative, make a difference and feel worthy while having fun.

Have you created your bumper sticker yet? There is no better time than now ...

To view Dr. Mosley's talk, "How to squeeze the juice out of retirement", visit my retirement community website [here](#) and view the video under "Videos" under the Resources tab.

7 MIRACLE PLANTS GARDENERS ALWAYS GROW TO KEEP PESTS AWAY



Whether you're planting blooms for bouquets or fresh fruits and vegetables to enjoy this summer, one thing is certain: you won't be the only one interested in what's growing. Garden pests will like the look of your new plants just as much as you do.

To keep insects, worms, and rodents at bay, expert gardeners suggest companion planting, which acts as a natural deterrent amongst your flowers and veggies to confuse bugs' senses of smell.

We spoke to four gardening pros from around the world, and these are the seven miracle plants that received their stamp of approval this growing season.

ROSEMARY

One of the top herbs Spoonmore suggests planting to keep your vegetable garden clear of pests is rosemary.

"Herbs are a fantastic choice as companion plants," Carrie Spoonmore, the founder of Seed to Spoon, says. "They are more than just flavor boosters for your cooking—they're also natural defenders in your garden."

Thanks to its strong scent, rosemary is also often used to make a natural mosquito repellent and is effective at deterring insects. Want more gardening tips? Sign up for our free gardening newsletter for our best-growing tips, troubleshooting hacks, and more!

BASIL

Perfect for picking to serve in a Caprese salad, growing summery herb basil is a go-to companion plant for naturally repelling a variety of insects—both in your garden and during your next outdoor hosting session.

"One of my favorite companion plants is basil, which I use to improve the flavor of tomatoes and keep hornworms at bay," Dagny Kream from The Cottage Peach says. "It also repels mosquitos, and can help give you a bigger tomato harvest—plus, you can multiply basil plants super-easily with cuttings."

MINT

We love to add the refreshing, uplifting scent and taste of mint to our beverages and desserts during the summer—but according to our experts, pests like insects and mice do not share the same affinity.

For those living in warm and dry climates, another fragrant herb to try pairing with both your berries and vegetables is thyme—specifically lemon thyme. Like rosemary and mint, the scent is a natural bug repellent, effective on a variety of insects.

"Planting thyme near your strawberries can discourage worms, and enhance the health and yield of your plants," Spoonmore says.

ALLIUM/CHIVES

"The smell of mint wards off ants and aphids," Spoonmore explains. "Plus, this herb is easy to grow, and makes your garden smell amazing."

For gardeners hoping to attract more positive pollinators like bees or butterflies to their backyards, mint is also an excellent companion plant choice.

ARTICLE BY:
THESPRUCE.COM



THYME

"Chives are a great companion for carrots, tomatoes, and even roses," In the Cottage Garden's Amy Chapman says. "Their oniony scent is a defense mechanism that repels bugs like carrot flies and aphids—once you have a few plants, they can be multiplied by dividing them up."

The pest-repelling benefits chives provide are also present in the rest of the allium family, which includes recipe staples such as garlic, onions, and leeks, as well as flowering varieties, which cut flower gardener Emily Lucas especially loves to use in her beds.

MARIGOLDS

"The many varieties of marigolds aren't just pretty—they're pretty useful, too," Spoonmore says. "Their vibrant, scented flowers do more than just brighten up a garden—their scent and roots actually help repel pests like nematodes and aphids."

"I tend to plant marigolds and their relative, calendula, in all of my flower beds as a first choice for companion planting", Lucas adds.



Our gardening experts all recommend planting these bright blooms around the borders of garden beds to act as a first line of defense against pests.

"Pop some marigolds next to your tomatoes to keep tomato hornworms away, near your beans to deter bean beetles, or near cabbage and broccoli, where they can help keep cabbage moths at bay," Spoonmore suggests.

NASTURTIUMS

For a touch of tropical aesthetics—and a pest distractor—in your garden, both Lucas and Chapman opt for the warm-toned red, orange, peach, and yellow nasturtium flowers. "Nasturtiums make a great trap crop," Chapman says. "Pests like aphids and cabbage white caterpillars will eat your nasturtiums rather than your precious vegetables."

Plant to encourage pollinators and predatory insects

"I plant different varieties to encourage beneficial insects that eat the pests that ruin my flowers, like thrips," Lucas says. "Spending the time to cultivate a healthy ecosystem of predatory bugs helps, and keeps chemicals out of your garden."

Use natural scents and sustainable solutions

Aromatic plants and herbs help to repel pests or distract them from the crops you are trying to grow, according to Kream. For example, the strong scent of the thyme and chives helps to deter pests by masking the scent of the veggies and flowers you want to protect.

"Using herbs or distraction plants like edible nasturtiums ensures your plants get some protection, but the space is still being put to good use," Chapman says.

Research in advance

Spoonmore suggests considering your companion plants well before the first pest finds its way to your vegetable garden. Research companion planting and organic pest management tips when you're adding crops to your garden.

