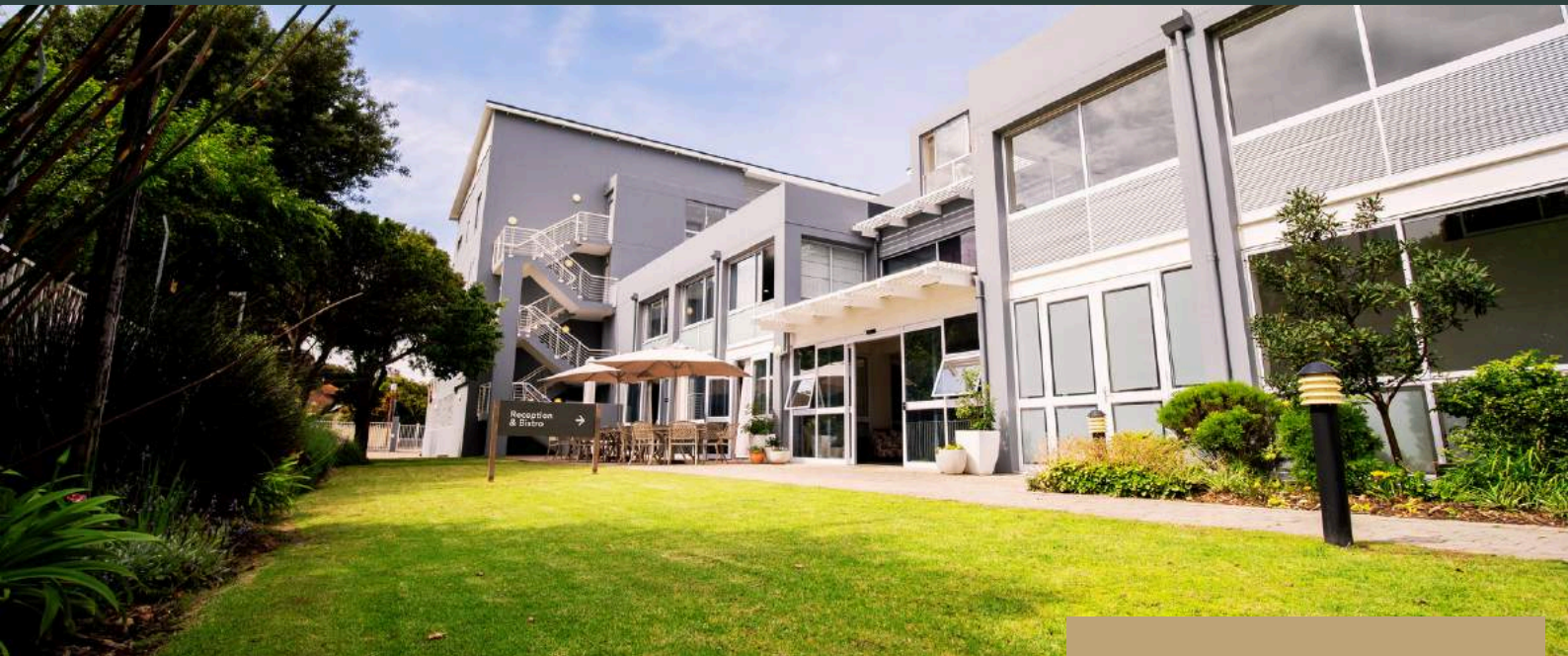


“What's Happening”

DIEP RIVER



“A woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and herself only.”

~ Maya Angelou ~

Dear Residents,

I hope you all had a good week. I would like to extend a big thank you to everyone who attended the AGM yesterday, and congratulations to the newly elected ResCom. We are looking forward to another year of great collaboration!

Although we are expecting a rainy weekend, we have a bonus rest day today as we celebrate **National Woman's Day** and the achievements of women past, present, and future.

On Saturday we'll see more of the same weather so gents, if you're up early to watch the Springboks take on the Wallabies at 06h30, it will be a great way to 'score extra points' if you also make breakfast in bed! Brisbane has not been a happy hunting ground for our boys in green and gold; they are playing in a sold-out stadium so lets get behind them and make sure we watch the game.

In this week's newsletter, we begin with a heart warming initiative taking place in Vrygrond. Learn more about the Cat and Dog Taxi initiative and how you can get involved.

In other South African news, we've just gained three more Heritage sites so be sure to add those to your travel lists.

In What's Cooking, we whip up a one-pot wonder of tomato meatballs and risoni pasta rice and learn more about the Sober Curious movement and why South African's are choosing to wine and dine out much earlier and how that affects the drinks industry.

Wishing you all a great week ahead. Stay warm and dry.

Regards,
Riaan and the Evergreen Team

IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

BISTRO

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IT'S A CELEBRATION

Birthday's

LOCAL NEWS

TAXI! Dogs and cats get their own transport

SOUTH AFRICAN NEWS

SA gains 3 new Heritage sites

WHAT'S COOKING

Tomato meatballs with risoni

BOTTOMS UP

What is the Sober Curious movement?

and

South Africans choosing to wine and dine out earlier

WEEKLY ACTIVITIES

MON 12 AUG	09h30 SKY LOUNGE MOVEMENT CLASS		17h00 SKY LOUNGE GOLDEN GIRLS CLUB	CLINIC  SR SHARON ADAMS
TUE 13 AUG		14h00 BISTRO KNITTING GROUP		
WED 14 AUG				
THUR 15 AUG	10h30 SKY LOUNGE FELLOWSHIP	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY	GENERAL <ul style="list-style-type: none"> • WIND-O-WASH • FIRE PANEL TESTING
FRI 16 AUG	09h30 KIND-2-HEARING			
SAT 17 AUG		11h45 RECREATION LOUNGE SPRINGBOKS vs AUSTRALIA		18h00 BISTRO RESIDENT BRAAI
SUN 18 AUG				

BIRTHDAYS

19 AUG BERNIE FEBRUARY – GRINNELL SECURITY
 26 AUG KELVIN BARRY – APT 218





Bistro

LUNCH MENU
12-18 AUGUST

MONDAY

*Thai fish cakes with sweet chili mayo, mashed potatoes
and seasonal vegetables*

or

*(V) Mushroom and lentil cakes with mint sauce, mashed potatoes
and seasonal vegetables*

TUESDAY

Beef lasagne with a side salad

or

(V) Chickpea and butternut curry with rice and sambals

WEDNESDAY

Hunters chicken casserole with rice and seasonal vegetables

or

(V) Plant-based schnitzel with jacket potato and seasonal vegetables

THURSDAY

Pork stir-fry served with egg noodles

or

(V) Creamy mushroom and spinach risotto with seasonal vegetables

FRIDAY

Crispy fried fish and chips served with tartar sauce and side salad

or

(V) Vegetable-filled pancake with cheese sauce and salad

SATURDAY (Take-Away)

Boerewors rolls with caramelized onion and chips

or

(V) Plant-based hotdog with caramelized onion and chips

SUNDAY (Take-Away)

*Roasted Pork Belly or Chicken
with roast potatoes and seasonal vegetables (R65)*

or

(V) Black bean and chickpea stuffed sweet potato topped with feta (R45)

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

THE RUGBY CHAMPIONSHIP



10-AUG			
AUSTRALIA	VS	SOUTH AFRICA	06H30
NEW ZEALAND	VS	ARGENTINA	09H05
17-AUG			
NEW ZEALAND	VS	ARGENTINA	09H05
AUSTRALIA	VS	SOUTH AFRICA	11H45
31-AUG			
SOUTH AFRICA	VS	NEW ZEALAND	17H00
01-SEP			
ARGENTINA	VS	AUSTRALIA	00H00
07-SEP			
SOUTH AFRICA	VS	NEW ZEALAND	17H00
ARGENTINA	VS	AUSTRALIA	21H00
21-SEP			
AUSTRALIA	VS	NEW ZEALAND	07H45
ARGENTINA	VS	SOUTH AFRICA	23H00
28-SEP			
NEW ZEALAND	VS	AUSTRALIA	09H05
SOUTH AFRICA	VS	ARGENTINA	17H00



The Golden Girls Club



**FOR CHATS &
LAUGHTER**

For more Information contact Pam on ext. 1506

Dogs and cats get their own taxi in Cape Town



ARTICLE BY:
SAPEOPLE.COM

THE TAXI IS BEING PILOTED BY AFRIPAW AND IS AIMED AT PROVIDING ACCESS TO ITS FREE MONTHLY ANIMAL CLINICS FOR PETS LIVING IN POOR COMMUNITIES LIKE VRYGROND

A handful of four-legged companions from Vrygrond in Cape Town got to test out a new bicycle taxi for pets run by the organisation, AfriPaw. The aim of the initiative is to provide access to the animal clinics for pets living in under-resourced communities like Vrygrond.

“We noticed that people were unable to come to the clinic because their pets didn’t want to walk the distance,” says Anél Wesson, Director and Co-Founder of AfriPaw. Once a month the organisation brings a mobile clinic to the parking lot at Capricorn primary school where they offer vaccinations, sterilisations, and a number of other health checks.

Wesson says they found that some pet owners in the area were too old to walk to the mobile clinic. She says that after they saw a number of people bring their pets to the clinic in trolleys, they began to toy with the idea of starting a pet taxi.

Wesson says they needed the “taxi” to be simple and cheap so it could easily be operated by people from

their community. While this is still the testing phase of the project, she says they are looking into which bicycle works best to pull the weight of the animals. The cart was built and designed by 4Evr Plastic Products pro bono.

Wesson says that AfriPaw is now looking for a company to sponsor the project. The setup costs for one unit is R25,000 for the first year, thereafter it would cost about R7,000 a year. This includes the bicycle, cart, cage and the wages of the rider. “We are looking to have between five and ten taxis in the first year,” she says.

AfriPaw was founded in 2017 and runs a host of programmes including the free monthly clinic, mass sterilisations and educational workshops in Vrygrond. The clinics are run with other animal welfare organisations such as TEARS Animal Rescue, Animal Lifeline and Aid4Animals in Distress. The monthly clinics serve about 650 pets including cats and dogs from the broader community. The programmes are run with the help of volunteers and ‘ambassadors’ who

live in the community that get paid a stipend. Vrygrond resident and volunteer Domaine Martin told GroundUp that pet owners in the community often struggled to get food for their companions. “Most people don’t have work, but they are trying to look after their dogs.”

“They provide a wonderful service for our animals”, says Capricorn resident Alessandro Jefftha, who brought his cat and three dogs to the clinic. He says that he is incredibly grateful for the free service.

Wesson added that the main purpose of the organisation is “to come alongside pet owners in informal settlements and under resourced areas to form relationships with them”.

She says that their ambassadors from the area educate and encourage pet owners to visit their monthly clinics. “It’s very much a community integrated effort,” she says. In the future she says that they would like to grow and replicate this model into other areas.



SOUTH AFRICA GAINS THREE NEW WORLD HERITAGE SITES

The UNESCO committee has recognised three new World Heritage Sites in South Africa. Here's where and why ...

Three new World Heritage Sites have been awarded in the Western Cape and KwaZulu-Natal. This follows a recent meeting by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) committee. Furthermore, the latest sites were awarded for The Emergence of Modern Human Behaviour: The Pleistocene Occupation Sites of South Africa, reports IOL.

The three new World Heritage Sites are situated in Elands Bay and Mossel Bay in the Western Cape and KwaDukuza in KwaZulu-Natal. Specifically:

- **Diepkloof Rock Shelter – Elands Bay.**
- **Pinnacle Point Rock Shelter – Mossel Bay.**
- **Sibhudu Cave – KwaDukuza**

Moreover, each has an inscription of Middle Stone Age rock. And each acknowledges the significant contribution to the beginnings of contemporary humans, says UNESCO.

UNESCO WORLD HERITAGE SITES

Following the announcement of the new UNESCO World Heritage Sites, the Western Cape Provincial Minister of Culture, Ricardo Mackenzie, said: “The exceptional preservation of these sites, amidst the challenges of climate change and rising sea levels stand as testaments to our ancestors. Including their resilience, ingenuity, and adaptation to environmental change.”

Likewise, Western Cape Premier Alan Wine said: “Achieving this UNESCO World Heritage Site status is a monumental recognition. Not just for our province, but country's exceptional cultural and historical significance on the world stage.”

He further pointed out how the integrity and authenticity of these World Heritage Sites has been carefully preserved. This is only possible due to the tireless efforts of several international multidisciplinary specialists.

OTHER SITES IN SOUTH AFRICA

South Africa is currently home to twelve World Heritage Sites. The first three were awarded in 1999, with eight sites listed for their cultural significance and five for natural significance. Most recently, Nelson Mandela Legacy Sites and aforementioned Pleistocene Occupation Sites have been added in 2024.

The latest sites awarded prove through genetic and fossil evidence, that anatomically modern humans developed from archaic predecessors in Africa 200 000 years ago. The three sites, made up of caves and rock shelters, include tools and early art from the Stone Age. They provide significant insight into the evolution of the human species.

ARTICLE BY:
THESOUTHAFRICAN.COM

ONE POT RECIPE TOMATO MEATBALLS WITH RISONI



ARTICLE BY:
FOOD24.COM

INGREDIENTS

- 1 large egg, lightly beaten
- 1 slice of bread, crusts removed
- 500 g lean beef mince
- 6 pieces of marinated sundried tomato, chopped
- 40 ml olive oil
- 1 onion, chopped
- 300 g risoni or orzo (rice-shaped pasta)
- 1 x 410 g tin chopped Italian-flavoured tomatoes
- 800 ml prepared beef stock
- 5 ml red wine vinegar
- 1 red or 1 yellow pepper, seeded and cubed
- 125 g green beans, cut into 3-cm pieces
- Grated Parmesan and fresh basil, to serve

INSTRUCTIONS

Keep hungry tummies satisfied with this family-friendly recipe. You will find risoni, which is pasta shaped like rice, on the pasta shelf in your supermarket. (It's also known as orzo.)

1. Pour 30 ml water and the egg over the bread and leave to soak for a few minutes, then mash with a fork. Mix in the mince and sundried tomatoes, and season with salt and freshly ground black pepper. Don't overmix.

2. Shape into even-sized balls. Heat a large saucepan over a medium to high heat. Once the pan is hot, add a little oil and then add half of the meatballs. Leave for 3-4 minutes, then turn over and brown the other side. Remove from the saucepan and set aside. Repeat with the remaining meatballs.

3. Reduce the heat to medium. Heat the remaining oil in the saucepan. Add the onion. Sauté until soft. Add the risoni and stir. Add the tomatoes, stock and vinegar, and season with salt and freshly ground black pepper. Bring to the boil, then reduce the heat and simmer for 10 minutes, stirring occasionally.

The 'sober curious' movement sees the rise of non-alcoholic beer



Non-alcoholic beer has gained popularity over the last few years world over. With the rise of the 'sober curious' movement across the world, people are re-aligning how they interact with and think about alcoholic beverages.

The move towards no- or low-alcohol alternatives is pronounced. While such a movement is recent, alcohol-free beer is not a new invention. Its origins date back centuries to ancient Egypt, around 5000 B.C.E., and it was consumed by all social classes, connecting us to a rich tradition that spans millennia.

Over the centuries, alcohol-free beer has been known by various names, but its essence has remained unchanged.

In medieval Europe, it was referred to as 'small beer'; during the Prohibition Years in the United States, it was dubbed 'near beer'. The popularity of alcohol-free beer has fluctuated in the past, and today, it is experiencing a resurgence in popular culture.

According to IWSR, global sales of no- and low-alcoholic beverages reached \$11bn in 2022, with no-alcohol products accounting for 70% of this volume.

By 2026, the value of global sales of no- and low-alcoholic beverages is projected to grow by more than a third, largely driven by no-alcohol products.

Factors influencing the growth of alcohol-free beers

The surge in popularity of alcohol-free beer, even in South Africa, can be attributed to several key factors. One of the primary drivers is the increasing health awareness among consumers.

People are becoming more aware of the health effects of high levels of alcohol consumption and are seeking healthier alternatives that allow them to partake in the social aspects of drinking without the associated risks.

They are also looking for beverages that are inclusive, catering to those who choose to substitute or abstain from alcohol for religious or personal reasons. This trend is particularly pronounced among millennials and Gen Zs, who place a premium on wellness and practice mindful drinking.

Secondly, the improving the quality and variety of alcohol-free beers has also led to increased adoption. The innovation in brewing technologies and techniques has enabled

producers to create alcohol-free beers that have similar taste and experience as that of traditional beers.

This exciting development has helped attract beer enthusiasts who enjoy the flavour and experiences of drinking beer without alcohol content.

Moderation is a key driver of changing tastes

Another significant driver of no- and low-alcohol beer popularity is moderation. More people are increasingly becoming conscious of the impact of alcohol abuse and the social stigma associated with binge drinking.

As a lower-alcohol beverage, beer is a drink of moderation, however, it tends to bear the brunt of other forms of alcohol that tend to be higher in alcohol content.

The increased variety of alcohol-free beers now gives consumers even more options for 'sharp' choices while enjoying these products. Furthermore, it encourages a culture of responsibility at points of consumption.

Alcohol-free beer is a business imperative

The move towards alcohol-free beer is not only informed by the changing consumer landscape but also embraced by the beer industry as a business imperative. The beer sector is a crucial contributor to sustainable and inclusive economic growth.

Research by Oxford Economics found that the global beer sector supported \$555bn of the world's gross domestic product (GDP), sustaining around 23 million jobs.

The picture is similar in South Africa. The beer industry supports nearly 250,000 jobs or 1 in 66 jobs. Furthermore, the beer industry added R71 billion of gross value add to the country's GDP in 2019, which is 1.3% of the local economy.

This places a great responsibility on the sector, one we proudly embrace. It pushes us to constantly innovate our business models and product offerings to remain relevant and profitable and honour our responsibilities in the beer value chain and in the communities we operate as good corporate citizens.

SAB innovates to meet local consumer preferences

The rise of alcohol-free beer is not a fleeting trend but a lifestyle change that is here to stay, and we support that through brands such as Corona Cero, our second non-alcoholic product under the premium beer category.

This latest alcohol-free beer in our market was developed from Corona Extra by extracting the alcohol and then blending the non-alcoholic beer with vitamin D and natural flavours to reach the final recipe.

It is the only alcohol-free beer in the world infused with vitamin D – a testament to our commitment to innovation and meeting the evolving needs of our consumers.

Conclusion

As the market expands, we are likely to see an increased diverse range of no-alcohol products and innovations come into the market. Discerning breweries will continue experimenting with new flavours and brewing techniques to enhance the appeal of non-alcoholic options.

The market may also see increased competition as more brands enter the space, driving further improvements in quality and variety.

As consumer preferences continue to evolve, the beer industry will need to be agile and adapt to maintain relevance and cater to the varying tastes of its growing audiences.



SOUTH AFRICANS ARE CHOOSING TO WINE AND DINE EARLIER IN THE EVENING

There's been a significant shift in consumer behaviour, with more South Africans choosing to go out earlier in the evening, aligning with a global trend highlighted in the CGA by NIQ's recent 'How to Win in the On-Premise' webinar. The webinar, based on insights from CGA's global Reach survey of 30,000 respondents, highlighted changing patterns and preferences among on-premise consumers who frequent restaurants and bars.

CGA Research and Insights director Charlie Mitchell commented, "An increasing number of consumers, including those in traditionally late-night markets like Spain, are choosing to go out earlier to eat and drink.

This trend is also evident in South Africa, where early evening outings are becoming more popular. While this poses a challenge for the spirits category, which typically peaks in later hours, it also presents opportunities for suppliers and venues to offer ranges that fit these earlier moments and stand out from the competition."



A concentrated thirst for quality

Another interesting shift highlighted during the webinar was that while some consumers are sharply focused on value, high spenders continue to demand luxury venues and super-premium drinks choices.

Recommendations are the route to sales

The power of endorsement was also mentioned with the insight that consumers, regardless of their spending habits, seek informed choices with recommendations from bartenders being particularly influential.

Mitchell underlined this by referencing CGA's Global Bartender Report, which shows that 79% of staff recommend drinks every shift, and 95% of guests are likely to order those recommended drinks.

"Building advocacy among venue teams is crucial, especially in South African cities known for their vibrant bar scenes," says Argyropoulos.

An experiential incubator

Overall, Argyropoulos commented that consumer interest in new drinks positions the on-premise as a powerful incubator for new brands. He adds that the trend towards prioritising experiences over things is also evident, with South African consumers valuing social currency that translates to likes and followers, making the overall experience crucial.

Brands can enhance this by supporting venues with innovative serves, memorable activations, and compelling social media stories.

Wining and dining still holds major appeal

The webinar presentation also underlined the continued deep affection for the on-premise restaurant and bar experience. More than four in five respondents visit these venues at least quarterly, and nearly two-thirds do so weekly.

This is up by one percentage point in the last 12 months, despite some tough headwinds.

"In South Africa, the on-premise remains a vital social hub, catering to every need state, from socialising to relaxing to celebrating. Understanding the habits and needs of this core group of engaged consumers is crucial for success," says Mitchell.

Experimentation nation

While some consumers stick to familiar drinks, others are eager to experiment. Well over half (57%) like to have different drinks in the on-premise than they do at home, and that figure rises to 65% among 18- to 34-year-olds.

The on-premise is also pivotal in off-premise sales, with 69% of respondents saying they will buy a drink they have enjoyed in the on-premise at home as well.

Moderation intensifying competition for sales

The moderation of alcohol consumption was another notable trend highlighted during the presentation, with a third (37%) of consumers saying they're drinking less alcohol, while only 13% report drinking more.

This trend is particularly apparent among younger adults, driven by health and financial considerations which is evident in South Africa, where there is a growing interest in lower-alcohol and non-alcoholic beverages.

High demand for value

Economic pressures were also reported as creating polarisation among consumers, with well over a third (38%) indicating that value is more important to them than it was a year ago.

CGA EMEA Client Solutions and Services director, George Argyropoulos comments, "In South Africa, value does not necessarily mean cheap but rather something that is worth its cost and delivers on expectations of quality, execution, and overall experience. This highlights the importance of serve and all-round hospitality, helping guests feel they are securing full value."

ARTICLE BY:
BIZCOMMUNITY.COM