

In gesprek met... [18]: Isak en Petra Heath

Isak, een van twee seuns, is in Junie 1946 gebore te Kempton Park in 'n spoorweg familie. Na matriek op Touwsrivier in die Karoo verwerf hy BA Honneurs in Volkekunde by die Universiteit van Pretoria waar hy Petra Stoker ontmoet. Sy is in Florida gebore en maak matriek op Meisieshoër in Pretoria. Sy kwalifiseer as kleuterskoolonderwyseres en hulle trou te Pretoria 1970.

Isak begin werk by die Departement van Inligting in Johannesburg, Pretoria en toe verplaas na die selfregerende staat van Kwa Kwa. Slegs 'n paar blankes, polisie en sendeling. Vir 'n stadsjapie van Johannesburg en Pretoria was dit vir Petra 'n nuwe ondervinding. Grondpaaie, afstand en sneeu! Die eerste van hulle vier seuns is daar gebore.

Daarna volg verplasinge—Nelspruit: betrokkenheid Ka Ngwane Soweto: buitelandse gaste en na 9 jaar terug in Pretoria as hoof verantwoordelikheid vir die Transvaal en Natal kantore. Na die samesmelting van die Departemente van Buitelandse Sake en Inligting in die laat sewentig jare, is Isak verantwoordelik vir inligtingsake in Noord Amerika (VSA en Kanada). In 1984 word hy verplaas na die SA Ambassade in Den Haag as 1e Sekretaris (Inligting). Met hulle Hollandspreekende laatlammetjie keer die familie terug huistoe in 1988.

Terug in die RSA word hy later verplaas na die SA Ambassade in Bisho (Ciskei). Terwyl hulle daar is vind die staatsgreep plaas en later die skietery by die ANC byeenkoms in die sport stadion. Na Bisho, word Isak



aangestel as SA Ambassadeur in Swaziland en na sy termyn voltooi is, is hy terug op hoofkantoor in die uitgebreide Multilaterale Afdeling as Hoof van Koordinasie en Makro ekonomie, en teen hierdie tyd is Suid Afrika terug in die VN met groter wordende internasionale betrokkenheid. In 1996 verlaat hy die Departement weens mediese ongesteldheid as gevolg van gehoorverlies.

Na aftrede het hulle 'n gastehuis (Heideland) hier in Eldoraigne begin, wat hulle vir agt jaar bedryf het tot finale aftrede. Hulle oudste seun is in die SAPD se misdaadsintelligensie afdeling en het een seun. Die volgende seun is 'n ingenieur wat in Sydney bly en hy het twee dogters. Die derde seun is 'n Stelselbestuurder met twee dogters en die laaste is 'n Lugverkeerskontroleur by ORT wat ook as 'n handelsloods bekwaam is.

Isak lees graag en het twee boeke geskryf om hom besig te hou, terwyl Petra met haar posseëls besig is! Op skool het Petra 'n liefde en belang in posseëls ontwikkel en oor die jare 'n kundigheid opgebou. Sy is lid van die Filateliese Vereniging en het verskeie

nasionale posseëlvoorleggings/ uitstallings gedoen oor, onder andere: ontdekkingsreisigers, Anglo Boere Oorlog, Jan van Riebeeck, Anglo Zulu Oorlog, posseëls van die Ciskei. Haar laaste voorlegging en uitstalling was oor Nelson Man-dela waar sy 'n silwer/goud toekenning op nasionale vlak verwerf het. Sy beplan om hierdie versameling by die 2021 internasionale byeen-

koms wat in Suid Afrika gaan plaasvind ten toon te stel.

Teen plasing van hierdie berig het lede van ons aftreelandgoed wat Oktober se gereelde maandelikse "geselsgroep" bygewoon het die voorreg gehad om die besondere uitstalling te sien.



Road Traffic Demerit System

The AARTO bill was recently signed into law and is designed to change driver behaviour through a demerit system for traffic behaviour. The implementation date will probably be in June next year and according to government, it will help curb SA's high rate of road deaths-which comes to over 14 000 people per year, with an economic impact of some R147bn.

How will it work?

The new point system will have each driver starting off with zero points, with the highest number set at 12 points. These points will work on a cumulative basis, with a different number of points for each traffic violation. If the points amount to 12 or more, the driver's licence will be suspended for a period of three months. One point is reduced every three months if no further violations occur. But should motorists exceed three suspensions, they run the risk of permanently losing their licence, as it can be cancelled if it has been suspended for a third time.

A driver who is disqualified for the third time will permanently lose the licence and will have to reapply for testing, as if they were a first-time licence applicant. The new system will also prevent you from renewing your drivers and/or vehicle licence if you do not pay your traffic fines.

A few traffic offences that would add to your demerit points:

- ✖ 1 point: using and holding cell phone while driving;
- ✖ 1 point: skipping a stop sign (light vehicle);

- ✖ 2-6 points: Speeding, depending on the speed limit;
- ✖ 4 points: Driving without a licence;
- ✖ 6 points: driving under the influence.

How can you avoid points piling up?

- ✓ Always carry your drivers' licence with you;
- ✓ Adhere to speed limits;
- ✓ Maintain a safe following distance;
- ✓ Put away your cell phone!
- ✓ Ensure that your vehicle is always in a roadworthy condition;
- ✓ Respect the rules of the road and fellow motorists;
- ✓ Avoid aggressive driving.

Slakke

Die eerste paar druppels het geval en die slakke maak hulle gereed om uit hulle slaap te ontwaak. Indien julle slakspoortjies (silweragtige slymspoor) gewaar in jou tuin of êrens in die Landgoed, skryf dit asb in die tuinklagteboek by ontvangs sodat Connie *Snailban* kan strooi.

Questions asked by Tenants

1. Can tenants make changes to a rental property?

- Once the lease has been approved and the tenant has moved into the property, they are not allowed to make any structural additions or install fixtures without written consent from the owner.
- If the owner does give consent, it is important to remember that tenants are not entitled to compensation for convenient changes and fixtures when the lease expires.
- Tenants may also not remove these alterations/fixtures from the premises. Tenants may, however—in some instances—be entitled to reimbursement where necessary improvements and maintenance were undertaken.
- It is advisable for tenants to ask agents/owner for structural changes prior to moving in.

2. When is rent payable and when is it late?

- Rent is payable on the first of the month and is considered late by day 2 of the month. They do not have a 7-day grace period to pay!
- The owner is allowed to place the tenant in breach if the rent does not clear the landlord/agent's account on the first.
- A landlord is well within his rights to send a letter of demand on the second day of the month if the rental was not received. The tenant will be afforded 20 business days to remedy the breach.
- If the tenant does not remedy the breach within 20 business days, the landlord is entitled to cancel the agreement effective immediately and to give notice to the tenant to vacate.

3. How can tenants be sure to get their deposit back?

- Look after the property as if it was your own, and to hand it back in the same condition in which it was received.
- The premises will be inspected before the lease commences. It is advisable to take photos of the property and to have a condition list with notes stipulating the condition.
- Both parties should sign and initial the final report, which can be referred to later if necessary.

4. What is the difference between damage and fair wear and tear?

- Fair wear and tear is allowed on a property and the tenant should not be penalised for this. Things that will experience wear and tear include carpets, paint, door handles, cupboards, closets and many more. If there are a few new scuff marks on a door after a tenant has lived there, it can be seen as fair, but if there is a hole or crack in the door it is considered damage, and the tenant will have to repair the property to the state in which it was initially received.

5. Can tenants back out of their rental leases?

- A property is an investment and a vacant property not earning rental income, could be detrimental to the landlord.
- A tenant is allowed to give 20 business days' notice to cancel a lease agreement at any time in accordance with Section 14 of the Consumer Protection Act.
- If the landlord makes an effort to procure a new tenant by marketing the property at market-related prices after receiving notice, but fails to find a new tenant, the tenant who gave notice can be held liable for a reasonable cancellation penalty.
- A reasonable cancellation penalty may require that the tenant pays the rental for the remainder of the lease should a new

tenant not be sourced.

- It is advisable to stipulate the reasonable cancellation penalty in the agreement of the lease.

6. What can I do if I cannot resolve issues with my landlord?

- Tenants and landlords who have issues that cannot be resolved, can turn to the Rental

Housing Tribunal, which will listen to both parties and establish a fair settlement or will assist in mediation.

- It is important to note that the tribunal is not biased towards the tenant, but will listen to the facts and base their decision on these facts whether in favour of the landlord or tenant.



FoMo—ly ek daaraan?

Fear of Missing out (FoMO) is 'n fobie wat deur die digitale revolusie aangevuur word: die vrees dat 'n opwindende of interessante gebeurtenis moontlik elders aan die gebeur is, dikwels deur beriggies op sosiale media aangehits. Die vrees dat jy iets groots of belangriks gaan misloop omdat jy nie goed genoeg ingeskakel is nie.

Wikipedia verduidelik die “sosiale ang” word gekarakteriseer deur 'n begeerte om deurentyd op dit wat 'n ander doen, ingestel te bly.

FoMo word ook beskryf as 'n vrees/spyt wat tot 'n kompulsiewe behepthed lei dat jy 'n geleentheid of sosiale interaksie, 'n unieke ervaring, winsgewende belegging of ander bevredigende gebeurtenis gaan misloop. Dit spruit moontlik uit 'n gevoel dat jou behoef-

tes nie vervul word nie. 'n Sielkundige afhanklikheid om aanlyn te wees, kan tot ang lei wanneer jy nie heeltyd ingeskakel bly nie. FoMo kan 'n negatiewe invloed op mense se gesondheid en welstand hê, omdat dit tot 'n negatiewe gemoedstemming, depressiewe en verhoogde alkohol-gebruik kan bydra.

Hoe kan jy FoMo hokslaan?

- Hou op om jouself heeltyd met ander te vergelyk.
- Moenie jou geluk op sosiale media soek nie.
- Wees versigtig waarop jy jou aandag fokus.
- Probeer dankbaarheid.
- Dis nooit te laat vir nuwe vaardighede nie.

Personal Freedom

Our levels of personal freedom are defined when we have freed ourselves from the need to gain others' opinion, approval and validation. We no longer require this when we are directed to walk in our undiluted truth which sets us free. It is our love for ourselves and our belief in ourselves that gives us the courage to own our truth. Our truth directs the intentions for our own lives. This truth is independent of what others will think, feel, say and do about what we think, feel, say and do. This internal state is both unlimited and emancipating. It creates the space within us to become anything and everything we are destined to be. It is our awareness of what holds us in captivity, when acted upon, that frees us from captivity. Our willingness to make choices based on what's best for us and to live with the consequences of those choices without guilt, blame or shame, defines our freedom.

(–Lynn Hill)

Vreemde Allergieë

Ongeveer 17 miljoen Suid-Afrikaners loop deur in die lente weens die ontelbare hoeveelheid mikroskopiese stuifmeel in die atmosfeer, maar volgens 'n studie gedoen, is daar verskeie ander allergieë ook:

- 36% kry ekseemagtige simptome van juweliersware: die nikkel daarin veroorsaak kontak-allergie-dermatitis;
- 25% is vir sekere vrugte allergies: aarbeie, kiwi's, perskes, appels, piesangs en sitrus veroorsaak velreaksies, swelling van die mond en keel, asma of rinitis.
- 21% kry 'n uitslag as hulle te veel tyd in die son deurbring;
- 17% ly aan drukking-urtikaria, wat beteken hulle kan nie stywe klere dra nie en kan nie te lank sit, teen iets leun of aan iets raak nie;
- Nog 'n groep is vir water allergies: Akwageniese urtikarie is 'n toestand wat jeukerige en pynlike blasé veroorsaak as die lyer met water in kontak kom;
- 17% het 'n allergiese reaksie vir lugversorgers;
- 16% is allergies vir sigaretrook;
- 15% kry 'n allergiese reaksie as hulle skulpvis soos mossels, oester, garnale ens. eet.
- 15% is allergies vir alkohol;
- 13% kry 'n uitslag as hulle aan koue weer blootgestel word;
- 9% is allergies vir haarkleurmiddel: Para-phenylenediamine (PPD) en para-toluenediamine(PTD) veroorsaak.
- 7% se liggaam reageer op die eet van sjokolade, met opgehewe velbulte, swelling van die mond en keel en 'n fluitbors;
- 6% kla van hoofpyne, hartkloppings en velprobleme wanneer hulle koffie drink;
- 6% begin hoes en nies en slaan in knoppe uit as hulle met hout werk;
- 5% is allergies vir gaskoeldrank:die preserveer-, geur- en kleurmiddels daarin.
- 3% ervaar rooiheid, swelling of skilfering rondom hulle naels as hulle vals naels opsit.

Ons straatname [21]

Die Geelbekbosduif/ Rameron pigeon/ Columba arquatrixng:

Die grootste duif in die streek en kan maklik ge-eien word aan sy donkerkleurige, perserige verkleed met fyn wit spikkels, opvallende geel vel rondom die oe en geel snawel, bene en voete. In vlug lyk dit soos 'n groot donkerblou of swart duif.

Die geslagte is eners, maar die wyfie is valier. Die onvolwasse duif het dowwer ge-kleurde oogvlekke, snawel, bene en voete.

Hulle roep is 'n lae maar skor 'koe'.

Hul habitat is immergroen woude en uitheemse plantasies, veral waar stande luisboom, *Solanum mairitianum* voorkom.

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Inheemse Bome [20]

**Boskoorsboom/Forest fever tree/
Anthocleista grandiflora/boomnr 632**

'n Immergroen boom tot 30m hoog, met 'n lang skoon smal stam en ronde kroon. Weens sy smal groeiwyse en nie-aggressiewe wortelstelsel is hy geskik vir klein tuine. Hy het 'n vinnige groeitempo –tot 2m per jaar in skadu en 1,5m in volle son. Die groot blare verskaf skadu en skep 'n tropiese effek. Wanneer die boom in volle son groei, is die blare geneig om kleiner en ligter groen te wees.

Die klein wit geurige blommetjies word aan die punte van takkies aangetref en lok talle insekte wat weer insekvetende voëls lok. Die vrug is ovaalvormig en glansend donkergroen tot bruin wanneer ryp.

Die mense in die laeveldstreke drink 'n aftreksel van die bas en blare om malaria, diarree, suikersiekte en hoë bloeddruk te behandel.

Dit is 'n beskermde boom in Suid-Afrika.

Water

Daaglik lees ons die volgende in die media:

- die ergste droogte in 100 jaar in die Karoo...
- die ergste droogte in 30 jaar in Gauteng...
- Suid-Afrika het water vir nog 2 ½ jaar...
- waterkrisis staar ons in die gesig...
- waterbesoedeling neem skerp toe...
- Tswane stuur ernstige versoeke uit vir waterbesparing...

...en wat doen ons as inwoners—ignoreer dit. Dis nie my probleem nie—direksie moet maar 'n plan maak. Die voorstel van noodwater-tanks word as onbelangrik beskou. Ek betaal my heffing en ek wil water in my krane hê. Ons is bevoorreg om ons krane oop te draai en lopende water tot ons beskikking te hê vir huisgebruik, maar ook vir tuingebruik.

Moenie water misbruik nie.

ADVERTENSIE



We are excited to announce that **Asma Omar Physiotherapy** will be partnering with **Hector Naidoo and Associates**, to bring you home based physiotherapy services called Physiotherapy @ Home as of 1 October.

Hector Naidoo and Associates have been operating since 2009 and was established to meet the growing needs of clients in the community. They started by offering a tailored home-based service and has grown in leaps and bounds since those infancy days. Their vision is to deliver a quality home-based rehabilitation service by offering thorough assessments and appropriate rehabilitation based on the latest research, so that clients can function optimally within their home and the broader context of society. They provide post hospital rehabilitation following orthopaedic surgery, ongoing rehabilitation for any neurological condition, and can provide an ongoing maintenance service for the elderly all in the comfort of the patient's home and old age home. Their services are currently being offered in Cape Town, Johannesburg, Pietermaritzburg, Port Elizabeth and now in Pretoria.

Why clients prefer being treated at home:

- It is more convenient than sitting in waiting rooms of physiotherapy practices.
- Some clients are not so mobile especially the elderly and patients with neurological deficits.
- Clients are generally more comfortable in their own home environments.
- Many conditions are better treated at home as often the problems can be seen firsthand.
- Exercise programs can be designed around what you have at home.

We look forward to continuing to offer you a quality physiotherapy service and show you why our service is growing all across the country. You will continue to see that same friendly faces as before, they might just have a new uniform and arrive with some more gadgets to support your rehabilitation journey.

Please check out their website for more details:

www.physiotherapyathome.co.za.

If you have any questions or any enquiries, please feel free to contact our office on **0872366518** or speak to your friendly physiotherapist.

Continue to watch this space for more updates.

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Geldsake

- ✦ Mense moet op hulle hoede wees wanneer hulle baie kontant by hulle het.
- ✦ Dra so min as moontlik kontant aan jou.
- ✦ Moenie 'n bonkige handsak dra wat maklik gegryp kan word nie.
- ✦ Dra 'n klein plat handsakkie teenaan jou lyf.
- ✦ Moenie dat huiswerkers sien waar jy jou geld bêre nie.
- ✦ Moenie dat werkers weet jy het kontant in jou huis nie.
- ✦ Oorweeg dit om rekenings elektronies te betaal.
- ✦ Moet nooit jou bankbesoeke openbaar maak nie.
- ✦ Wissel die dae wanneer jy banksake doen.
- ✦ Moenie deposito's op hoë risikodae –Maandae of maandeinde– doen nie.
- ✦ Neem 'n ander persoon saam wanneer jy geld deponeer.
- ✦ Moenie geld wat jy deponeer, openlik vertoon nie.
- ✦ Besoek 'n ander tak naby jou sodat jou bankpatroon nie maklik herkenbaar is nie.



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