

## Covid-19: Infection Rules

*Dear Covid-19, it must be very confusing for you in South Africa right now, so here are infection rules:*

- ☺ You can infect anyone wearing a T-shirt, unless they are wearing a jacket or jersey over the T-shirt, in which case you may not infect them;
- ☺ You can infect people walking in the streets, unless they are walking or running between 06h00 and 09h00, but only if they are moving. If they stand still you can infect them too, because they are not officially exercising.
- ☺ You may not infect anyone at the supermarkets in aisles 1-13, except for aisle 9 where the toys are.
- ☺ you can infect those people because toys are non-essential, unless the toys are being bought online, in which case you may not infect the people buying those toys.
- ☺ You may infect anyone buying hot food at supermarkets, or giving hot food away to the homeless, except for people delivering hot foods from restaurants via accepted delivery vehicles;
- ☺ You must please try to infect smokers before non-smokers, so NDZ can prove she had a reason for the cigarette ban;
- ☺ You can also infect anyone caught driving around between 20h00 and 05h00. Those people are just looking for trouble. During other hours, please only infect those who do not possess the official essential business certificates. Check that they are the latest certificates please.
- ☺ If you see builders, if they are building a bridge or civil project, you may not infect them, but if they are building houses for private people, then you may infect those builders.
- ☺ You may infect people where there are more than 3 people in the car, except for taxis which may have up to 7 people.

*I hope you now have a better understanding of your job.*

(submitted by Les)

# Om VERDRAAGSAAM te wees, is om geduldig en inskiklik te wees.

Ek is VERDRAAGSAAM wanneer:

- ✓ die beleidsmakers en politici sukkel met hulle woorde en aanbiedinge tydens perskonferensies wat nasionaal en internasionaal uitgesaai word;
- ✓ inwoners my saans laat skakel om te hoor waar hulle elektrisiteit kan koop en ek weet dis net omdat hulle 'n stem wil hoor;
- ✓ iemand ure met my wil praat oor sy verlange na sy kinders en kleinkinders. Selfs die wat in Suid-Afrika woon, voel nou soos vêr in die buiteland;
- ✓ die voëltjies op my stoep mis. Ek is eintlik bly vir die tekens van lewe en het selfs in my voëlboek wat ek jare laas hanteer het, begin rondblaai;
- ✓ ek snak na asem in my 3-laag masker tydens stap en my bril so aanwasem dat ek nie kan sien nie;
- ✓ die grassnyers my gras skeef of oneweredig sny en teenoor die blasers wat gras op my stoep blaas. Dankie dat hulle wel hier was;
- ✓ ek 'n vuil kolletjie in die gang sien—die gangskoonmakers moet daaglik nou ook vullisverwydering doen.

Ek is ONVERDRAAGSAAM teenoor:

- \* mense wat alewig kla met die witbrood onder die arm;
- \* mense wat ongeskik is;
- \* mense wat gefrustreerd bly met die inperking en weier om 'n positiewe geleentheid te probeer skep;
- \* mense wat bly rebelleer teen die inperking en hulleself depressief maak—bel 'n vriendin in die Landgoed—dis gratis met die interne foon.
- \* mense wat nog steeds die volgende wette oortree en almal se lewens in gevaar stel:
  - \* wat na 09h00 soggens stap (maw 4-uur die middag rondsluip, selfs sonder maskers);
  - \* wat weier om hulle maskers te dra sodra hulle hul woning verlaat,
  - \* wat nog steeds bymekaar kuier.

# What are the Service providers doing during lockdown?



The staff of Kingdom Caterers prepare and deliver 200 meals per day

Bookings for meals can be done daily



A delicious meal delivered at my doorstep

# What are the Service providers

La Vie Care staff on their way to care for residents in the village



Sr Diana in her office, ready to assist residents

The friendly carers in Frail care take care of the elderly with love



# doing during lockdown?



D&S Maintenance staff are also busy. The cleaners responsible for the Service Centre also do the refuse removal

...and thank heavens, the cutting team arrived to assist with the very very long grass



Pest Control with Hansie, preparing rat bait stations

Connie spraying the paving for ants



## What are the Service providers doing during lockdown?



Marie (Kiosk) and her staff are still assisting the residents daily with buying of essential items (see item in the middle).  
Masks and sanitisers also available.

## Through the eyes of a child (before the lockdown)...

During the night the cistern would not flush, tried again, no flush!

Morning dawns...

Call the maintenance manager, swiftly he arrives, bringing with him his 8 year old son who gives me a broad smile and a warm hug!

He goes and stand next to dad, who requests him to turn off the tap...assistant (his son) obliges...Dad fiddles, fits and fixes the pieces that have come apart, his son's eyes following every movement. Dad requests for the tap to be opened again—the assistant (his son) obliges.

Dad points out the water that is filling the cistern, slowly the level rises, dad says watch the water. The delight and amazement on the face of his son as the valve switches off the water...a little bit of magic...through the eyes of a child!

I wanted it to work, to flush, to do its job. The eyes of a child saw the magic in one little valve automatically switching the water off...the wonder, the surprise is great to behold!

Please make my eyes more Childlike...

(Jean Anne Robinson 1217)

# Arthritis a heavy burden to bear

Let's examine the various forms of arthritis. There are more than 100 forms of arthritis, but these are the "biggies":

**Rheumatoid Arthritis:** Rheumatoid arthritis (RA) is a long-term, progressive, and disabling auto-immune disease. It causes inflammation, swelling, and pain in and around the joints and other body organs.

It is a serious disease and needs to be managed closely and carefully. Being an auto-immune disease, it causes the body to turn on itself and attack various organs. In the case of RA, this can be the joints, lungs, eyes, and heart.

Symptoms of RA include:

- pain, swelling, and stiffness in more than one joint;
- symmetrical joint involvement;
- joint deformity;
- a general feeling of being unwell;
- fever;
- loss of function and mobility;
- weight loss;
- weakness.

**Osteoarthritis:** Osteoarthritis (OA) is where the cushion (cartilage) between the joints wears away, normally with age or wear and tear with, for example, involvement in sporting activities, and the major focus here is knees and hips. Replacement surgery has become the go-to procedure for hip and knee replacements. OA can affect any joint, and other than hip and

knees, can occur in hands, the lower back and neck. OA can happen at any age, but it commonly starts in the 50s and affects women more than men. This disease starts gradually and worsens over time.

Some factors that could contribute to OA are:

- Age. The risk of developing OA increases when someone gets older because bones, muscles and joints are also ageing.
- Joint injury. A break or tear can lead to OA after years.
- Overuse. Using the same joints over and over in a job or sport can result in OA.
- Obesity. Extra weight puts more stress on a joint and fats cells promote inflammation.
- Weak muscles. Joints can get out of the right position when there's not enough support.
- Genes. People with family members who have OA are more likely to develop OA.
- Gender. Women are more likely to develop OA than men.

People with osteoarthritis experience as much as 30 percent more falls and have a 20 percent greater risk of fracture than those without OA.

For more information on arthritis go to the Arthritis Foundation website –[www.arthritis.org.za](http://www.arthritis.org.za)

Terry Owen  
(La Vie Care Wellness blog)

## COVID-19 Statistieke

|                      | Besmet    | Dood    |
|----------------------|-----------|---------|
| <u>27 Maart 2020</u> |           |         |
| Suid-Afrika:         | 1 000     | 2       |
| Amerika:             | 83 000    | 1 178   |
| Wêreld:              | 97 023    | 1 475   |
| <u>27 April</u>      |           |         |
| Suid-Afrika:         | 4 546     | 87      |
| Amerika:             | 987 322   | 55 415  |
| Wêreld:              | 2 994 959 | 206 997 |
| <u>21 Mei</u>        |           |         |
| Suid-Afrika:         | 18 003    | 339     |
| Amerika:             | 1 593 039 | 94 941  |
| Wêreld:              | 5 090 157 | 329 739 |

## Inspirasie—

### Met 'n helder verstand

*Die verstand van een wat wysheid het, gee hom krag, maar die van 'n dwaas maak hom swak. (Pred 10:2)*

Daar is mense met 'n helder verstand vir hierdie wereld, maar wie se verstand verduister is vir die ewigheid. Sommige geleerde sterrekyners bespied met hulle magtige teleskope die hemelruim, en tog vind hulle dit moeilik om die blinkende môrester, Jesus Christus, te vind. Party wiskundiges, hoogs bedrewe in die kuns van berekening, kan 'n eenvoudige evangeliefait nie verstaan nie.

Gesonde verstand in die oortreffende trap, is wat die wêreld wysheid noem.

(Samuel T Coleridge)

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| PLEASE PLACE ORDER ON TUESDAY FOR DELIVERY ON FRIDAY                   |      |            |        |
| CONTACT EUGENE ON: 083 294 3559 email: eglrossouw@gmail.com            |      |            |        |
| *Availability based on season *Prices subject to change without notice |      |            |        |

## Advertensie **Vegetables** Advertisement

## Advertensie **BUY** **YES!** **SELL** **YES!** **RENT** **YES!** **LET** **YES!** Advertisement



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