ELDIE nuus news

ELDORAIGNE
AFTREELANDGOED · RETIREMENT ESTATE

Maart / March 2021

Ouderdom

Die ouderdom is ’n blikslater…

Hy bekruip jou soos droogte in die Boesmanland. Stadig, maar seker.

Hy maak jou krom. Hy maak jou stom. Hy maak jou vergeet. Hy knibbel stomp-tand aan eergister se onthou. Hy stroop die bas van jou onthouboom. Hy los jou alleen. Met net gedagtes. Ver gedagtes wat jou terugvat na jou jonkweesdae. Jou eerste Daan Desimaal-jare. Springbokradio dae. Jim Reeves jare. Draadloosjare met oom Jan Cronje en tannie Esme Euvrard:
”So maak mens..!” Middagstories soos die Du Toit's van Soetmelksvlei en Wolwedans in die skemer.

Maar die ouderdom maak jou ook astrant.Soms neuk hy stroom-op met jou. Na daar waar jy weet jy nie eintlik moet gaan krap nie.Want dis die plek van die Groot Nostalgie. Wanneer jy sonder dat jy wou, skielik daai ou droê heimweeboom begin klim. Ja, hoog in die takke is jy. Jy raak gedrink van die verlange se waters. Jy boor diep. Slukkie vir slukkie drink jy uit blou jare terug se vars boorgate. Jou kinderjare, skoolgaanjare, vingerbordjare, bok-bok-staan-styf jare, jong-verlief-wees jare.

Soms praat jy met jouself. Saggies. Of so dink jy, want jou ore hoor nie meer soos destyds nie. Al is hulle nou groter! Ja, jou gesig krimp, maar jou neus en ore word groter en jou tande raak stomp. Jy word lomp.

Ouderdom steel. Dit steel jou onafhanklikheid, jou karsleutels, jou lisensie. Dit lewer jou oor aan ander se genade. Dit maak jou sag, weerloos en eensaam. Dit laat jou huil, sommer oor niks en oor alles. Die ouderdom is ’n wetter. Met ’n hoofletter!

Hy ruk jou uit jou huis uit. Ontvoer jou teen jou wil ouetehuis toe, waar die matrone jou baas is. Huisreëls jou bind. Styf vasgebind met oumenstoue waarvoor jy ’n hengse prys betaal, letterlik. Terwyl jy genadebrood moet eet en perdesalf op ou spiere se seer smeer.

Ouderdom druk jou smaakkliere toe. Jy verloor jou proe, vat jou eetlus weg, jou energie, breek jou spoed. Maar ouderdom leer jou ook geduld, want die kinders kom kuier op hulle tyd. Ouderdom laat jou spog. Te veel, oor kleinkinders wat jou siel lawe. Saam met die grysheid kom daar darem ook ’n bietjie wysheid en diepe dankbaarheid vir die gespaarde jare uit die Heer se hand. Maar dan, later, raak jy stadig maar seker weer kind. Moet jy gewoond raak aan die alewige verkleinwoordjies en om na jou kinders te luister (en gehoorsaam te wees).

(Outeur: Barney Louw van KouPos, NG Kerk, Merweville)
(Ingestuur deur Marthie Fourie van Houtkapper 82)

Landgoedsake/Estate Matters

Naamplaatjies vir Private Werkers

Naamplaatjies (met foto's) is aan alle private huis- en tuinwerkers asook aan tuisversorgers uitgereik ten einde alle private werkers in die landgoed te kan identifiseer. Daar word bemerk dat van die bogemelde werkers nie altyd hierdie naamplaatjies sigbaar dra nie. Alle inwoners word asseblief versoek om toe te sien dat hulle werkers hul naamplaatjies te alle tye dra. Indien ’n werker nie sy/ haar naamplaatjie by die hoofhek kan vertoon nie, sal toegang voortaan geweier word. Indien daar moontlik nog werkers is aan wie daar nog nie naamplaatjies uitgereik is nie, word sodanige inwoners versoek om Ontvangs so spoedig moontlik te kontak.

Gebruik Van Speelapparaat in Parke

Speelapparaat in die parke is voorsien vir gebruik deur kleinkinders van inwoners en kinders van besoekers. Hierdie apparaat is slegs vir gebruik deur kinders onder 12 jaar. Die nodige kennisgewingborde is aangebring. Dit gebeur van tyd tot tyd dat kinders ouer as 12 jaar die speelapparaat (veral die swaaie) gebruik. Ongelukkig is die apparaat nie ontwerp vir kinders ouer as 12 jaar nie. Eienaars en inwoners is verantwoordelik vir die gedrag van hulle besoekers en moet gevolglik toesien dat hulle die gedragsreëls van die landgoed gehoorsaam. In die toekoms sal daar streng opgetree word teen die betrokke inwoners wie se kinders of kleinkinders nie die reëls vir die gebruik van die speelapparaat gehoorsaam nie.

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Name Tags For Private Workers

Name tags (with photos) have been issued to all private home and garden workers as well as care givers in order to identify all private workers in the estate. It is noted that some of the abovementioned workers do not always wear these name tags visibly. All residents are kindly requested to ensure that their workers wear their name tags at all times. If a worker is unable to display his/her name tag at the main gate, access will be denied in future. If there are still workers to whom name tags have not yet been issued, such residents are requested to contact Reception as soon as possible.

Use Of Playing Equipment in Parks

Playing equipment in the parks is provided for use by grandchildren of residents and children of visitors. This equipment is for use by children under 12 years only. The necessary notice boards have been erected. It happens from time to time that children older than 12 years use the play equipment (especially the swings). Unfortunately the equipment is not designed for children older than 12 years. Owners and residents are responsible for the behaviour of their visitors and must therefore ensure that they obey the conduct rules of the estate. In future, strict action will be taken against the relevant residents whose children or grandchildren do not adhere to the rules for the use of the play equipment.

Inspiration

2021…many things about tomorrow I do not understand,
2021...many things about tomorrow I do not know
BUT I know Who holds tomorrow,
and I know Who holds my hand.

A light to my path, to show me the way,
A lamp to my feet, to keep me safe
What I do not understand,
Just help me to respect it.

2021 help me remember
God covers your limitations

2021 Just one day at a time…
Take care, may 2021 be kind to us all.

In Gesprek met [26]: Fiona Bidgood

Three continents, the Raj and Mau Mau.

Mr MacDonald, second generation living in India and working in the sugar industry, sent his wife to England in 1934 to give birth. His daughter Fiona arrived on 23rd September. Six months later Fiona returned to India with her mother where she grew up, learning to speak Urdu and Hindi until old enough to be sent to boarding school in England, Cheltenham Ladies' College. For war services in India, her father received the OBE. After Indian Independence, the family moved to South Africa and Fiona matriculated at DSG, Grahamstown. This was followed by one year at UCT and then a secretarial school. Applying for her first job as a bilingual secretary despite having no knowledge of Afrikaans, she was employed by an advertising company and worked for Antonij Rupert, a client of theirs. He gave her away when she married Dennis Clayden and he also paid for the champagne, Grand Mousseux!

Her husband was with Shell, and a year later in 1955 they were transferred to Kenya at the time of the Mau Mau insurrection. “We had to walk around with guns” and got a job with Dr L Leakey, the famous paleo-anthropologist in Nairobi, often visiting the Olduvai Gorge site in her holidays. Three years later her husband was transferred by Shell to Witbank and later Pretoria which was her home until she moved to our estate three years ago. Most of her time in South Africa was spent raising the children and thereafter doing temporary secretarial work with various attorneys and others. “I married my first husband twice and divorced him twice”. She later married Raymond, her second husband, on her sixtieth birthday. Raymond passed away seven years ago.

Fiona gave birth to two children in Kenya and three in South Africa, losing one shortly after birth. Her two sons attended Pretoria Boys' High, qualified as teachers and returned to teach at the school, but later emigrated. Shaun is now in the USA and Lawrence, in the UK. Her two daughters are in Pretoria. Hayley in Silverlakes and Debbie, living with her here. She has twelve grandchildren and four great grandsons, nine of whom live in the Pretoria area.

Fiona had always been keen on sports, tennis and for many years a member of the Irene Country Club bowls. She now reads, plays Canasta and is looking for two more people to play Scrabble. A varied and interesting life transcending colonialism and continents.

Fiona Bidgood

Duwweltjies

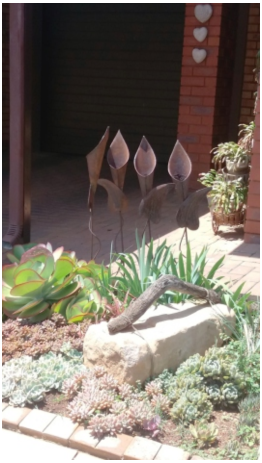
Hierdie nare duwweltjie word orals in die Landgoed opgemerk.

Let daarop dat hy 'n ondergrondse knol het en nie maklik meganies verwyder word nie. 'n Chemiese spuitprogram sal in Maart in die parke begin word ten einde daarvan ontslae te probeer raak.

Daan Liebenberg
van nr 12 maak oulike houtartikels gedurende hierdie Covid-19 inperkings.

Bestel gerus by hom

Kiewiet straattuintjies



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day 3:
Full day at Augrabies falls. Enjoy the 5km " dassie" walking trail, admire the Augrabies falls that have recorded 7,800 cubic metres (280,000 cu ft) of water every second . Lunch at the local restaurant in the park.

day 4:
We will return home sleeping in Vryburg. this town is responsible for the largest beef production in the country.

day 5:
arrival in Pretoria.

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- Tour guide and driver fee

Exclusive:

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Available dates:

22- 26 Feb
1- 5 March
8- 12 March
15- 19 March
22- 26 March

Contact for Booking:

Suzanne van Jaarsveld
cel: 0847887881
suzvanjaarsveld@gmail.com

Maagseer (Gastriese Ulkus)

Wat is dit? Dit is 'n seer in die maag agv die werking van gal, pepsien en suur op die slymvliesvoering en dit kom by meer mans as vroue voor en gewoonlik in die ouderdomsgroep 60-70 jaar.

Oorsake:

- ’n Stresvolle leefwyse, irriterende voedsel asook medisyne soos aspirien, ander anti-inflammatoriese middels wat langtermyn vir artritis, rumatiek, rugpyn en hoofpyn voorgeskryf word, asook alkohol en rook.
- ’n Bakterie, Helicobacter pylori, veroorsaak tot 50% van maagsere en kan deur ’n bloedtoets vasgestel word.

Simptome:

- Slegte spysvertering, wat akuut vir twee weke tot twee maande kan wees, met rusperiodes van 2-12 maande. ’n Skerp, vretende of brandende pyn “soos vuur”) kom binne 2 ure na 'n maaltyd voor. Gewigsverlies is algemeen, asook braking-soms van bloed.
- Sommige simptome is die gevolg van moontlike komplikasies. Na chroniese of etlike maagsere waartydens littekenweefsel ontstaan, kan die pylorus (maaguitgang) en die duodenum so nou word, dat voedsel moeilik daardeur kan beweeg. Dit veroorsaak krampagtige pyn en braking. Die braking van rooibruin, selfs helderrooi “koffiemoer” of swart braaksel dui op maagbloeding. Weens die bloedverlies voel die pasiënt swak, daal sy bloeddruk en word hy soms flou.
- Heelwat bloed uit die maag of duodenum kan ook in die stoelgang voorkom en kan swart teeragtig wees. Raadpleeg ’n geneesheer dadelik.

Diagnose

- volgens pasient se siektebeskrywing en tekens soos buikteerheid bokant of om die naeltjie.
- x-strale en direkte waarneming m.b.v ’n endoskoop.

Behandeling

- bedrus
- ’n melkdieet en teensuurmiddels verlig die simptome
- H2-blokkers wat histamienafskeiding (die sneller of aktiveerder van maagsuurafskeiding) verhinder.
- na herhaalde aanvalle is ’n operasie aangewese. Die senu word afgesny wat ’n gedeelte van die maag stimuleer om suur te produseer (vagotomie).
- ’n ander operasie is ’n gastrektomie wanneer komplikasies soos perforasie voorkom. Die onderste derde gedeelte van die maag word saam met die kliere wat suur produseer verwyder, tesame met die pylorus of maaguitgang. Die duodenum of ’n deel daarvan word aan die maagstompie geheg om ’n nuwe voedseldeurgang te vorm.
- Die Helicobacter pylori-bakterie kan vinnig genees met 1-2 weke antibiotika-terapie, saam met suurbeheermiddels om die maagvoering te beskerm.
- Moenie dehidreer nie. Neem gereeld klein slukkies water.
- **Voorkoming**
- Maagsere kan nie altyd voorkom word nie, weens erflikheidsfaktore.
- Vermy oormatige stres.
- Ontspan gereeld dmv sport of ’n stokperdjie.
- Eet rustig aan voedsame kos sonder oormaat speserye en kou deeglik.
- Eet soveel moontlik veselryke kos soos appels, hawersemels, broccoli, spruitkool, kopkool, wortels, volgraanbrood en -ontbytkos, asook groen blaargroentes . Vermy suurlemoene en pruime.
- Vermy sterk drank, koffie en rook.
- Moenie langdurige slegte spysvertering verontagsaam nie. Die simptome van maagkanker kan met die van maagsere ooreenstem. Alle gastriese ulkusse moet met ’n gastroskoop ondersoek word om te onderskei tussen die twee.

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Best ever senior citizen joke…

A little silver-haired lady calls her neighbour and says, "*Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started.*" Her neighbour asks: "W*hat is it supposed to be when it's finished?*" The little silver-haired lady says, "*According to the picture on the box, it's a rooster*".

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.
He studies the pieces for a moment, then looks at the box, then turns to her and says, "*First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster.*"

He takes her hand and says, "*Secondly, I want you to relax. Let's have a nice cup of tea*", and then, he said with a deep sigh…..

"*Let's put all the Corn Flakes back in the box.*"

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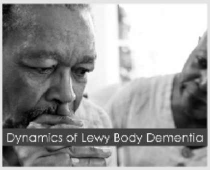

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