

14 FEBRUARIE: Valentynsdag

Dit maak nie saak wie St Valentyn was nie, of dat winkels dit sien as 'n geldmaak-dag nie. Riekert Botha sien 'n gelukkige kant, maar ook 'n hartseerkant aan hierdie dag. Die gelukkige kant beteken daar is waarskynlik mense wat op hierdie dag 'n bietjie ekstra moeite doen om vir hulle maat te sê: "Ek is lief vir jou en hier is die redes." Die hartseerkant is dat baie mense dit gaan hoor en dan is dit al keer wat hulle dit hoor. Daar is ook diegene wat dit glad nie gaan hoor nie en ook nooit hoor nie.

Liefde is die grootste krag wat daar bestaan. Liefde is 'n wonderwerk. Dit het die eienskap om mense se hart weer heel te maak en na mekaar toe te trek. Wanneer mens dink 'n huwelik is op die rotse, maar daardie twee mense begin in liefde teenoor mekaar wandel en moeite maak, dan gebeur daar 'n wonderwerk. Daardie verlore saak word skielik 'n hoopvolle een, en uit die as kan daar iets ontstaan wat vir baie jare lank in heerlijkheid kan voortbestaan.

LEEF IN LIEFDE MET MEKAAR, JOU BURE INGESLUIT.

DANK

Ek bring aan jou die eerste vrugte van die land
met ingehoue vreugde en met dankbaarheid
'n mieliekop, lemoen of roos op skurwe hand
gedra as nuwe huldes van seisoen en tyd;
jaarliks die eerste piesangtros uit die vallei
waar gramadoelas was, omdat ek nou nog voel
sonder jou liefde is die graaf te swaar vir my
en val die geil reëns van die berge sonder doel.

DJ OPPERMAN

*Sy debuutbundel, Heilige beeste, verskyn in 1945
en word in 1947 met die Hertzogprys vir poësie bekroon.*

NUWEJAARSBOODSKAP: 2022

Nog 'n moeilike jaar is verby. Covid-19 het weereens ons lewens op verskeie terreine ontwrig. Dit was byna onmoontlik om behoorlike beplanning van enige aard te doen. Net toe ons dink dinge begin na normaal terugkeer, tref die vierde vlaag wêreldwyd. Baie mense het hulle werk verloor, ander het geliefdes aan die dood afgestaan. So baie mense het net eenvoudig hoop verloor en die onsekere toekoms maak dit nie makliker nie.

Nou staan ons weer aan die begin van 'n nuwe jaar met nuwe uitdagings en geleenthede. Alle aanduidings is daar dat Covid-19 nog 'n geruime tyd deel van ons lewens gaan wees. Om te verhoed dat ons in totale wanhoop verval en hoop verloor, sal ons moet leer om een tree op 'n slag te gee. Leef dag vir dag. Begin weer glo en hoop op 'n beter toekoms. Bemoedig ander wat onder moeiliker omstandighede verkeer. Leef elke dag in dankbaarheid, ten spyte van omstandighede. Begin weer droom. Ons is nooit te oud om te droom nie. "Learn from yesterday, live for today, hope for tomorrow."-Albert Einstein
Voorspoed vir 2022!

NEW YEARS MESSAGE: 2022

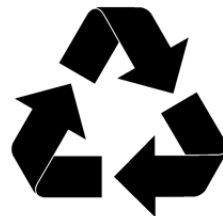
Another difficult year has passed. Covid-19 has once again disrupted our lives in several areas. It was almost impossible to do proper planning of any kind. Just when we thought things were starting to return to normal, the fourth wave hit the world. Many people have been hit hard financially. Many lost their jobs, others lost loved ones. So many people lost hope and the uncertain future does not make it easier.

Now we are at the beginning of a new year with new challenges and opportunities. There are indications that Covid-19 will be part of our lives for some time to come. To prevent ourselves from falling into total despair and losing hope, we will have to learn to take one step at a time. Start believing again and hope for a better future. Encourage others who are in more difficult circumstances. Live in gratitude every day. Start dreaming again. We are never too old to dream. "Learn from yesterday, live for today, hope for tomorrow."-Albert Einstein

Wishing you a happy New Year with the hope that you will have many blessings in the year to come.

Hansie Marais (General Manager)

HERWINNING



GLAS

Plaas alle skoon glasbottels in die groen houer in die Suid- Westelike hoek van die landgoed naby die kragopwekker, agter die woonstelle.

PLASTIEK EN PAPIER

Plaas alle plastiek en papier in die deurskynende plastieksak wat deur die tuinkontrakteur beskikbaar gestel word.(Geen polistireen.) Kartonbokse wat platgedruk is, moet langs die sak geplaas word.

BY DIE HUISE

Herwinbare items word **slegs Dinsdae** verwyder. Sodra 'n sak opgelaai word, sal 'n nuwe sak aan die eenheid verskaf word.

BY DIE WOONSTELLE

Herwinbare items kan apart in 'n sakkie gesit word en kombuisvullis in 'n ander sakkie vir daaglikse verwydering.

RECYCLING

GLASS

Place all clean glass bottles in the green container in the South Western corner of the estate near the generator.

PLASTIC AND PAPER

Place all plastic and paper in the transparent plastic bag that is provided by the garden contractor. (No polystyrene) Card board boxes (flattened) must be placed next to the bag.

AT THE HOUSES

Recycable items are collected **only on Tuesdays**. When a bag is collected, a new bag is provided to the unit.

AT THE FLATS

Recycable items can be placed separately in a small bag and kitchen refuse in another bag for removal on a daily basis

IN GESPREK MET.....(31): Ken and Ina Hall

Escom sparks at a Parktown bus stop!

Ken, our newest director, was born in Ladysmith on 21 May 1955 into an Escom family. His dad had started at Escom in 1920. After primary school in Colenso, he matriculated at Estcourt High School and then joined Escom in 1973 where he worked until he retired in 2020. His 47-year journey took him via National Service as a chef, through 10 power stations in 16 years as an analytical chemist (water treatment, oil and coal analysis) eventually moving into training until he retired as provincial training manager for Gauteng, KZN and the Eastern Cape. Various National Diplomas were acquired over the years and Ken also served on national education and development bodies, e.g. AHI, SA Chambers of Business, Business Unity and SAQA.

In 1979, while working at Rosherville, he kept seeing a certain lass at a bus stop in Parktown who was going in a different direction and married Ina in 1980. She was a book keeper at Rand Cold Storage, grew up in Johannesburg “as the tomboy next-door, who is deaf.” When she was five, her mother noticed she seemed to read lips and tests proved severe hearing loss. With no Afrikaans-medium schools in Johannesburg for hard of hearing pupils, she attended a regular primary school, Unika, in Randburg. She participated in various sports, but also learning the piano and recorder as well. From HS Randburg, she moved to Afrikaans Hoër Handelskool in Parktown.

She resumed her studies and obtained the National Diploma in Accountancy in 1999, while being employed at LS Bakenkop for 23 years. Over the years improvements in hearing technology has helped her communicate despite her 88% hearing loss. Recently she had a cochlea implant and a new era has opened. Ken and Ina have been physically active all their lives (Ken: running, cross country and marathon) and now they keep fit by walking, AMAP and Pilates. In 2008 Ken qualified as a field guide, while previously having been a Honorary Krugerpark ranger. At home Ken keeps writing and doing genealogical research, crosswords and jigsaw puzzles, while Ina reads, paints, crochets and does dressmaking. They have 2 children, Kevin and Jeanne, and 2 grandsons.

(compiled by Les: Kwartel 4)

KERSLIEDERE IN DIE SAAL

OP 7 DESEMBER 2021



KERSETE 10 DESEMBER 2021

Inwoners kuier gesellig saam, rondom 'n uitstekend voorbereide maaltyd





TIPTOLSTRAAT TEE – 16 NOVEMBER 2021



CHOLESTEROL part 3

11. What are the general guidelines for lifestyle modifications to reduce the risk for cardiovascular disease?

- Stop smoking and avoid exposure to smoke;
- Increase your physical activity;
- Achieve and maintain an ideal body weight;
- Reduce your intake of saturated fats ;
- Increase your intake of soluble fibre;
- Avoid refined carbohydrates and sugars;
- Consume alcohol in moderation;
- Avoid adding additional salt to foods;
- Monitor your cholesterol levels on a regular basis.

12. Example of saturated fatty foods to avoid:

- Fatty or processed meats like salami and sausages;
- Snack foods like chips; cakes, biscuits and pastries;
- Most takeaway foods, especially deep-fried foods;

13. Example of LDL cholesterol lowering foods:

- Oats and legumes and chickpeas; garlic and onion; plant sterols; Apple polyphenols found in apples.

14. Treatment

- A healthy lifestyle and diet;
- If cholesterol has a genetic component, prescription medication like statins may be required;
- Lipid-lowering drugs are prescribed only when dietary measures have failed to control hyperlipidaemia;
- They may also be given when an individual are at a particular risk like diabetes;
- Treatment should have a multi-approach for:
 - .prevention of new formation of new cholesterol in the vessel walls;
 - .removal of existing cholesterol;
 - .decrease the complications that occur with the cholesterol increase.

15.How does lipid-lowering drugs work?

Some block the reabsorption of cholesterol-carrying bile salts by increasing the loss of cholesterol from the body and thus help to lower the level of fat in the bloodstream.

DRINGENDE VERSOEK

-Oor Kerstyd is daar twee bruin tafeltjies wat die HEV ten duurste aangekoop het, sonder toestemming verwyder vanaf die jukskeibane.

(Net soos die aluminiumleer, plantpote met plante, rolbalballe, gasbottel, koevoets verwyder is)

-Daar word weereens 'n dringende beroep op inwoners gedoen om asb nie enigiets van enige plek te verwyder wat nie aan u behoort nie.

NUWE INTREKKERS

November 2021

- 19 Delene Nicolau
 - 21 Janetta Loots (vanaf 135
 - 48 Connie Brown
 - 97 Jan Barnard,
Martie Kruger,
Martha Venter
 - 131 Jeff en Franci Pattison
 - 135 Charli Els
- Desember
- 7 Nellie Hunter
(vanaf ws 1012)
 - 255 Sandy Schoeman

STERFTES

- 45 P v Jaarsveld 17 November
- 1108 Anna Botha 8 Desember
- 1131 Annetjie Minnaar 21 Des

GELUKWENSE

Kwartaal 1

Bestuur en Direksie wens die volgende 3 persone ouer as 90, geluk met hulle verjaardag en wens hulle 'n gesonde jaar toe.

1138 Bettie van Niekerk word 97 op 24 Februarie 2022

224 Rhona Mynhardt word 90 op 25 Februarie 2022

1137 William Immelman word 90 op 5 Maart 2022

COVID-19 snippets

DELMICRON or DELTACRON?

It is not a new variant of Covid-19, but it is a double variant. It is a combination of Delta and Omicron. It was discovered on 7th January 2022 in Cyprus, and 25 cases were already found. WHO still to validate.

IHU, a new variant, was detected by France in man who travelled to Cameroon.

FLURONA: A double infection of FLU and CORONA and was identified in Israel.

(Google)

VULLISVERWYDERING

1.HUISE: Tweemaal per week.

Dinsdae:

Kombuisvullis in swart sakke. (Inwoner koop self)

Herwinbare items in deurskynende sakke. (Word voorsien)

Tuinvullis in groen sakke. (Inwoner koop self)

Vrydae: Slegs kombuisvullis in swart sakke.

Versoek:

- Inwoners word versoek om nie op ander dae vullis uit te plaas nie, want dit sal nie verwyder word nie en lok vlieë en rotte.
- Geen batterye in die swart sakke nie, maar wel in houer by ontvangs.
- U kan nie van tuindienste verwag om potte met plante weg te ry, dit leeg te maak en die skoon potte terug te vat nie. Dit is privaat werk.
- Indien u plaveisel lê of tuinmaak, is dit u eie verantwoordelikheid om klippe of dooie gras te laat verwyder. Die Landgoed beskik nie oor 'n stortingsterrein nie.

2.WOONSTELLE: Inwoners mag daagliks vullis teen 07h00 voor hulle deur neersit, Sondag en Publieke vakansiedae uitgesluit.

INSPIRASIE: GEBRUIK JOU TALENTE

In Madeleine L'Engle se boek *A wrinkle in Time* sê iemand: "We can't take any credit for our talents. It's how we use them that counts." Ons talente is hemelse geskenke-die Here se manier om te sê ons is elkeen uniek. Daardie een of twee talente wat ons ontvang het, herinner ons daaraan dat ons nie deel is van massaproduksie nie. Ons is nie op 'n groot geestelike vervoerband aanmekaar gesit nie. Ons is nie generies nie, maar uniek en baie spesifiek deur God begenadig en toegerus. Ons Godgegewe talente is bedoel om elke dag gebruik te word. Dit mag nie rondlê en stof vergader nie. Dan raak dit oud, stukkend en verval. Ons talente is lewenslank in diens van God. Dit is aan ons gegee om Hom te eer en ander mense op te bou. As ons dit doen, groei ons reg in ons geloof.

(Stephan Joubert)

Wat is jou talente? Skilder, naaldwerk doen, skryf, tuinmaak, om 'n goeie vriendin te wees, om in liefde uitreiking te doen, om jou besigheid goed te bestuur.... wat ookal! Woeker daarmee!

HAPPY
Valentine's Day

ELDORAINNE RETIREMENT ESTATE

3 Bedroom, 2 BathroomSimplex. Double Garage.
FOR SALE - R2 550 000

3 Bedroom, 2 BathroomSimplex. Double Garage.
FOR SALE - R2 450 000

2 Bedroom, 1 BathroomSimplex. Single Garage.
FOR SALE - R1 700 000

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