

NASIONALE VROUEDAG 9 Augustus 2022

Noudat my belangrike beroep en uitmergelende ure agter die rug is, en my kinders reeds uit die huis en selfversorgend is, kan ek aandag gee aan **myself**. As jy net een ding omtrent jouself kon verander, wat sou dit wees? Sou jy onmiddellik 20kg wil verloor? Sou jy tevrede met jou lewe en besittings wees-ipv jaloers op wat ander het? Jou stryd met depressie wen? Die horlosie terugdraai? Nie beheer word deur bekommernisse oor jou laaste paar jare nie.?

Noudat ek uit my veilige jarelange woonplek moes wegtrek en by 'n verre aftreeoord ingetrek het op aandrang van die kinders, moes ek moontlik ook my lewenslange vriendskappe opoffer. (Mens kuier net nie so lekker met Skype, of Whatsapp of "video calls" nie- dis maar droewig sonder my vriendinne 'n armlengte van my af!)

Wat maak ek nou? Ek sit verseker nie net en wag om dood te gaan nie! Ek staan soggens op met 'n lied in my hart omdat ek nog lewe en Godsgawes kan aanskou (al is die wysie soms effe vals..)
Ek werk (of vroetel) nog in die tuin (al beweeg ek met 'n loopraam of het 'n kiere nodig om weer regop te kom en moet ek die Deep Heat vanaand weer mildelik aansmeer..)
Ek ervaar die kragonderbrekings as 'n geleentheid om my rakke vol boeke te lees (al is dit 'n gesukkel met 'n flouer lig)

Vrou, wees meer positief. Sit in die son vir Vitamine D (gelukkig is die winter aan die verbygaan..) Woon byeenkomste by (oefengroep, bingo, bybelstudie, kerkdienste; woon etes in die eetsaal by; stap net om die blok) Erens tussen 650 inwoners sal jy ten minste 2 mense kry by wie jy aanklank vind en met wie jy nuwe vriendskappe kan smee.
Lig jou gesig na die son en begin net lewe! Daar is nie meer tyd om te mors nie. Leef elke dag! Leef nou!

ESTATE MATTERS: PRIVATE WORKERS

All private workers (gardeners, cleaners, care workers) must be registered at Reception.

A Nametag with photo will be issued in order to identify all private workers in the Estate. It is noted that some private workers do not always wear these nametags 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 private workers to whom name tags have not been issued, such residents are requested to contact Reception as soon as possible.

Finger access for pedestrians will be used again. If a private worker's fingerprints were not taken due to Covid-19, residents are requested to send their private worker to Reception, to enable them to capture the fingerprints on the system.

LANDGOEDSAKE: PRIVAAT WERKERS

Alle privaat werkers (tuin-, huis- en tuisversorgers) moet geregistreer word by Ontvangs.

Naamplaatjies met 'n foto word aan alle privaatwerkers uitgereik, ten einde hulle in die landgoed te identifiseer. Daar word bemark dat van die privaatwerkers 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.

Indie 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.

Toegang dmv vingerafdrukskandering vir voetgangers sal nou weer hervat word. Indien 'n privaatwerker se vingerafdrucke nie geneem is tydens Covid-19 nie, word inwoners dringend versoek om die privaatwerker na Ontvangs te stuur, sodat sy/haar vingerafdrucke op die stelsel gelaai kan word.

RULES FOR USE OF CLUBHOUSE

The following guidelines and conditions apply for utilisation of the facility, including any activities:

1. No visitors and/or children are allowed to use the facility without attendance of the relevant resident or activity co-ordinator. Such persons will be asked to vacate the facility immediately after proper clean-up has been done.
2. The user/activity co-ordinator needs to book the facility during office hours at Reception for the specific date and time.
3. The key must be collected at/returned to Reception /Security.
4. The facility is allocated for use by the person who made the booking, however, in case of an activity, consideration can be given to also accommodate another activity should it be practical possible.
5. The user must inspect the facility and immediately report any defects.
6. The relevant user will be responsible for any damage caused to equipment during the use of the facility.
7. The user must leave the facility in the same condition as it was found. Should equipment not be cleaned after use, a fee of R250.00 will be recovered from the relevant user.
8. The user will ensure that he/she understand and accept these rules and conditions, and the booking and receipt of the key confirm acceptance.
9. After continuous abuse/contravention of these rules, the relevant person will, after written notice, be prohibit to use the facility again.
10. Any complaint/ non-compliance must immediately be reported in writing to the Estate Manager.

VOLKSKUNDE

Onthou u nog wie die groot man met die klein instrumentjie was? Natuurlik! Chris Blignaut met sy ukulele, "Ou Ryperd" aan't sing vir die volk. Ons volksanger van formaat. Volkspeler se "ek soek na my Dina" pragtig gedans deur ons volkspelers. "Slaap Piekani" een van ons mooiste wiegeliedjies. Danie Smuts se boerate oor die radio-onthou u nog hoe bokmis getrek is op Wonderkroon? 'n Bynaam-ou kerktoering of Psalm 119- passend vir 'n lang man.

My pa het my altyd vertel van die dassieslang tekenend van ons mense se volksgeloof oor dieregedrag. Wat gaan gebeur as die Piet-my-vrou roep; as skilpaaie bult op loop? Kinders moes oppas vir ou lamhandjie, Sakaboela of Antjie Somers-kinderskrikke uit ons volkslewe. Lennon se medisyne. Ons volksfeeste. Doopgebruike, hofmaakgebruike, verlowingsgebruike, huweliksgebruike, dood-en begrafnisgebruike. Familiageskiedenis en stambome. Boeresport. Hartbeeshuise, mampoer, riembrei, wabouery...

Kom gesels saam met die Besprekingsgroep op Dinsdag 9 Augustus om 10h00 in die saal met Ben Raubenheimer.

NUWE INTREKKERS

U word hartlik verwelkom deur Direksie en Bestuur en u word uitgenooi om navraag te doen by Ontvangs oor enige onsekerhede tov landgoed-aangeleenthede. Geniet u aftreejare en neem deel aan die weeklikse aktiwiteite.

9 Francois en Elize vd Berg
17 Luke en Engela de Klerk
194 Ian Howard
207 Jan en Annemarie Gouws
(van 209)
1220 Bossie Bosman

STERFTES

Die Bestuur en Direksie maak met leedwese die sterftes bekend van die volgende inwoners:

1007 Frieda Strydom 9 Junie
225 Kobus Muller 20 Junie

NUWE LEWE

Augustusmaand is die ryp verby en dis nou die tyd om mildelik kompos te gebruik by die rose wat in Julie gesnoei is; bogrond of kunsmis op die gras te strooi, en water te gee. Snoei ook rypbeskadigde plante terug.



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Animal life at our Estate 2: The Toads in our canal

Most evenings from spring through summer, the storm water canal of our estate comes alive with the chorus of Guttural Toads (*Sclerophrys gutturalis* or Gorrelskurwepadda in Afrikaans). The literature describes their call as a “snoring sound”. The noise is ear-shattering! Within weeks of the onset of the evening serenades, homes of those living close to the canal are invaded by hundreds of tiny toads.

There is no precise term for “Toad” in Afrikaans, however, “skurwepadda” best describes a key distinguishing feature between Frogs and Toads-skin texture. Frogs are slippery and smooth. Toads are covered in wart-like lumps and their skin is normally dry.

Toads	Frogs
Adaptable to dry conditions. Do not need to live near a body of water	Easily loose moisture. Need to live in a body of water.
Relatively short legs. Tend to crawl rather than hop.	Legs exceeded the length of their body. They move by hopping.
Squat and dumpy with broad noses	Pointed noses. Sleek-looking.
Long stringy floating spawn	Spawn laid in sticky clumps
Tadpoles plain black in colour	Tadpoles covered in gold flecks

Reference: Carruthers V (2001): Frogs and frogging in SA. Struik (Ken 120)



Guttural Toad



Bronze Caca (frog)



‘n Vol saal het die praatjie van die Besprekingsgroep bygewoon op 14 Junie. Die onderwerp het handel oor selfoon- en rekenaarbedrieërs.



Die musiek-en sang byeenkoms saam met ‘n kunstenaar gehou in die saal op 14 Junie is fluks bygewoon deur ‘n groot groep inwoners.

ROSE CARE



ROSE CARE: MONTHLY GUIDE

January

- Water 3x per week or more
- Carry out summer pruning
- Spray fortnightly against black spot, beetles and bollworm.
- Check for red spider
- Fertilise

February

- Water 3x per week
- Dead-head and dis-bud
- Spray fortnightly against black spot, beetles and bollworm.
- Fertilise

March

- Water 2x per week
- Dead-heading will encourage flowering into winter
- Spray fortnightly against black spot,
- Beetles and bollworm
- In cooler areas, feed for the last time

April

- Water 2x per week
- Dead-head
- Spray fortnightly against black spot, beetles and bollworm
- In warmer areas, feed your roses

May

- Water 2x per week
- Dead-head
- Spray fortnightly against black spot in winter rainfall areas
- In warmer areas, feed your roses

June

- Water once a week
- Dead-head
- Spray fortnightly against black spot in winter rainfall areas
- Fertilise only in sub-tropical area
- Transplant roses if necessary

ROSE CARE: MONTHLY GUIDE (p2)

July

- Water once a week
- Transplant roses if necessary
- Most parts of the country-prune now
- Feed your roses after pruning
- After pruning-spray bare stems to kill insect eggs and fungus spores
- Dig compost in your rose beds

August

- Water once a week
- In very cold areas-prune your roses now.
- After pruning-spray bare stems to kill insect eggs and fungus spores
- Apply a mulch

September

- Increase watering to 2x per week
- Pinch-prune about a third of the shoots
- Spray fortnightly against aphids, thrips, bollworm and powdery mildew
- Fertilise

October

- Water 3x per week; water deeply
- Pick blooms. Dis-bud
- Spray fortnightly against aphids, bollworm, beetles and powdery mildew
- Fertilise

November

- Water 3x per week
- Continue dead-heading and dis-budding
- Spray fortnightly against aphids, black spot, beetles and bollworm. Check for red spider.
- Fertilise

December

- Water 3x per week.
- Continue dead-heading and dis-budding
- Spray fortnightly against black spots and insects
- Check for red spider
- Fertilise

(Ludwia's Roses)

TUINSAKE: WEES VERSIGTIG

Baie mense gebruik Roundup, 'n nie-selektiewe onkruidodder, wanneer hulle onkruid wil bestry. Dit maak onkruid en grasse dood, en moet dus nie op u grasperk aangewend word nie, slegs op plaveisel.

Glyphosate is 'n aktiewe bestanddeel wat in meer as 750 produkte voorkom, en in meer as 20 lande verbied is weens die moontlike kankervormende eienskappe. Dit kom ook in Roundup voor. Slegs na langdurige gebruik soos in die landbou-sektor kan dit erg nadelig wees vir jou gesondheid.

Hoe kan ek myself beskerm wanneer ek Roundup gebruik?

- Gebruik handskoene en 'n masker om oog-en velirritasie te voorkom.
- Vermyn inaseming van sproei ten einde neus –en keelirritasie te stuit.
- Troeteldiere soos honde en katte moet nie aan nat plante raak of aan die blare eet nie, want dit kan naarheid, diarree, aptytverlies en slaperigheid veroorsaak.
- Was jou hande deeglik na gebruik.

INSPIRASIE: WEES 'n HAWE VIR ANDER

Skepe het hawens nodig om voorrade en passasiers aan boord te neem, herstelwerk te doen en in te skuil as gevaarlike storms woed. Mense is dieselfde. Ons almal het 'n hawe nodig waar ons veilig kan wees en waar geestelike herstelwerk gedoen kan word. Ons almal kort 'n skuilplek wanneer die stormwinde dreig om ons van koers af te waai. Sulke hawens is te vind by veilige mense – daardie mense wie se skouers breed genoeg is om ons laste te help dra. Dis by hulle waar ons kan afpak en ons seerkry en teleurstellings neersit sonder om bekommerd te wees dat hulle ooit sal uitpraat.

Het jy sulke veilige hawens in jou lewe? Sulke mense is lewende geskenke van die Here aan jou. Koester hulle en wees self ook daar vir ander as die lewe dreig om hulle onderstebo te loop.

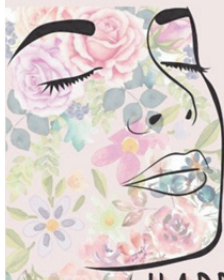
(Stephan Joubert)



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