

JEUGDAG-16 Junie

Kinders is mal oor liefde en pret. Oupas en Oumas ook. Die twee geslagte is gemaak vir mekaar. Grootouers en kleinkinders het mekaar nodig, hulle kan mekaar met oorgawe geniet en hulle steek ook nie hierdie liefde weg nie, maar wys dit vir mekaar op honderde verskillende maniere. As grootouer ontdek jy hoe vreeslik maklik dit is om vir jou kleinkinders te vertel (en te wys) dat jy hulle liefhet -'n geheim wat jy nie geken het toe jou eie kinders klein was nie. Om hierdie rede is daar altyd 'n hegte band tussen grootouers en kleinkinders en deel hulle 'n spesiale vertrouensverhouding.

Grootouers het kleinkinders nodig om die veranderende wêreld vir hulle lewendig te hou en hulle weer 'n slag te laat sien presies hoe wonderlik en varsnuut die wêreld deur die oog van 'n kind is. Grootouers ontdek dat kleinkinders waarde aan hulle lewe toevoeg in 'n stadium wanneer 'n mens die indruk kry dat jou waarde besig is om af te neem.

Kleinkinders het grootouers nodig om hulle van menslike wysheid en ondervinding te voorsien in 'n wêreld wat hulle nog nie ken nie, om stabiliteit aan hulle lewe te gee en ook om hulle te leer wat onvoorwaardelike liefde beteken.

Kleinkinders en grootouers kan 'n belangrike behoefte vir mekaar vervul. Hulle kan na mekaar luister, hulle kan ontdek hoe goed dit is dat daar nog 'n persoon is wat 'n mens se gedagtes en idees ernstig opneem en hulle kan ervaar hoe wonderlik dit is om gekoester te word, sonder dat daar enige eise aan jou gestel word, behalwe om net te wees.

As grootouer kan ek hierdie dag spesiaal vir my kleinkinders maak-maak nie saak hoe oud hulle is nie. Praat! Kuier! Bederf! En Geniet mekaar!

SELFOON/TABLET/KAART-BEDROG

Hierdie aangeleentheid bly steeds 'n bedreiging vir elkeen van ons. Indien jou foon of kaart verlore raak/gesteel word, volg onmiddellik hierdie stappe om te verhoed dat jy groot finansiële verliese ly.

FOON-VERLIES

- Die steler of persoon wat die foon optel stuur 'n SMS aan jou noodkontak of jou familie, en gee voor dat hulle die vervaardiger is en dui aan dat hulle kan help met die opsporing van die foon.
- Die oomblik wanneer jou noodkontak/familie op die skakel klik, word allerlei persoonlike data van hulle gevra wat jou in gevaar stel om die skelm toegang te gee tot jou bankrekening.

WAT MOET JY DOEN?

- Log onmiddellik in op jou Aanlyn bankprofiel en selekteer die opsie: Devices & Browsers
- Selekteer die betrokke foon en ontkoppel dit (Delink)
- Indien jy nie 'n rekenaar het nie, skakel die betrokke bank se Bedroglyn (Fraud line) en rapporteer dit. Reël vir die ontkoppeling/blok van die toestel en/of die blok van jou bankprofiel om alle transaksies te staak.
- Besoek jou bank so gou moontlik om hulp te verkry met die opvolgaksies.

KAART-VERLIES

- Skakel onmiddellik jou bank se Bedroglyn; rapporteer dit en reël vir die ontkoppeling/blok van jou kaart om alle transaksies te blokkeer; en/of die blok van jou bankprofiel om alle transaksies te staak.
- Besoek jou bank so gou moontlik om hulp te verkry met die opvolgaksies.

NOTAS:

- Moet NOOIT jou Username en/of password op jou foon stoor nie.
- Hou jou bank se Bedroglyn-en jou kaartnommers apart van jou foon om onmiddellike beskikbaarheid te verseker.
- Moet NOOIT reageer op enige probleemrapportering per sms of foonoproep nie.
- Skakel jou bank se Bedroglyn en rapporteer liever self vir die korrekte aksie. Verkry verwysingsnommer vir kontrole.

(Johan du Preez 3192)

KUBERAANVALLE

Gawe mense met 'n aangename persoonlikheid het 'n groter kans om in so 'n mate deur kubermisdadigers gemanipuleer te word, dat hulle private en sensitiewe inligting deel, aldus Vian Smith, 'n Kaapstadse stelselontleder.

Wat is maatskaplike manipulasie? Dit behels 'n soort kuberaanval wat manipulasietegnieke gebruik om mense uit te buit, volgens Smith. Mense se sielkundige behoeftes word deur dié aanvallers geteiken. Dit sluit in skaarsheid, voorkeur, toewyding en ooreenkomste. 'n Boodskap soos: "daar is net 10 plekke oor vir 'n groot prys-klik op dié skakel" is 'n goeie voorbeeld van 'n aanval, aangesien dit die behoeftes van skaarsheid, tyd en beloning teiken.

Ander kuberaanval-voorbeelde:

- **Uitvissing** (phishing): as iemand mislei word om vals e-pos-, kits- of teksboodskappe oop te maak.
- **Spiesvissing** (spear phishing): Wanneer 'n spesifieke mens geteiken word
- **Nabootsing**: Kubermisdadigers gee voor om iemand anders te wees.
- **Voorwendsels**: Wanneer bedrieglike scenario's geskep word om inligting te bekom.
- **Watergat-aanvalle**: Besmetting van die webwerf wat iemand die meeste besoek.
- **QR-kode-uitvissing**: Kwaadwillige programmatuur of bedrieglike webwerwe word in QR-kodes versteek.
- **SMS-vissing**: Die gebruik van bedrieglike teksboodskappe om sensitiewe, persoonlike inligting te bekom.

Smith se navorsing dui op 'n korrelasie tussen persoonlikheidstipes en risiko's vir kubersekerheid. Hy het 'n toets van 5 hoofpersoonlikheidstipes gekies, nl pligsgetrouheid, omstredenheid, aangenaamheid, openheid en neurotisme. Hy het bevind dat neurotiese en oopkop-mense die kleinste kans het om deur kuberkrakers uitgevang te word. Mense met 'n aangename persoonlikheid is vriendelik, goedgelowig en simpatiek. Omdat hulle in die goedheid van die mensdom glo, is hulle 'n makliker prooi vir aanvallers.

(Saamgestel deur Stefani Terblanche, Beeld 13 Mei 2024)

PAIN RELIEF FOR OSTEO-ARTHRITIS

1.NSAIDs (Non-steroidal anti-inflammatory drugs) are effective for arthritis patients who suffer from pain, inflammation or both.

How does it work?

It blocks an enzyme called cyclooxygenase which produces the body's production of prostaglandins, the chemicals that increase inflammation and pain.

Some adverse effects

- Gastrointestinal problems
- Stomach bleeding or painful ulcers
- Liver and kidney disease after prolonged use
- High blood pressure
- People with a history of asthma attacks, hives or other allergic reaction to aspirin, should avoid NSAIDs.

2.PARACETAMOL is the first choice for mild to moderate joint pain; is one of the safest drugs to take, is effective and with remarkably few side effects.

How does it work?

Paracetamol works on the nervous system, raising the brain's threshold for pain. As paracetamol has no effect on the prostaglandins, it does not relieve inflammation.

Some side effects:

- Regular users (daily for many years) face an increased risk of liver and kidney damage
- Never use paracetamol together with alcohol, or if you have been fasting. (Health Solutions)

3.Heat-producing creams and ointments

We all know the ingredients Methyl Salicylate and Menthol in Deep Heat do wonders for minor painful muscles and joints; and the cooling effect of Arnica oil in Arnica Ice and other creams, spray and roll-on.

4.Other non-expensive hints.

Moderate exercise like walking can relieve pain in knees and back before sleeping, or during the day. Sit in the sun during winter time or cover your knees with a fleece blanket.

POTJIEKOS

'n Heerlike potjiekos-aand is gereël deur Linda van Staden van 252, die blokleier van blok 14.

Op 12 April het 24 mense die gesellige geleentheid bygewoon in Riethaanpark, wat entoesiasties onderhou word deur Willem en Lenie





SOP EN BROOD

Inwoners van
Kiewietstraat het 'n
vrolike sop-en-brood
geleentheid gehou
gedurende April

Die blokleier van blok 4,
is Marie Smuts van
eenheid 66 en die foto's
is geneem deur Michelle,
van eenheid 68



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NUWE INTREKKERS

U word hartlik verwelkom deur die HEV hier by ons pragtige Landgoed. Alle riglyne en prosedures is vervat in die Leefstylgids, en alle navrae kan by Ontvangs gedoen word. 'n 32-bladsye A5 boekie (slegs ter opsomming) is ook beskikbaar by blokkeiers.

52 Naomi Hanekom

135 Manju en Lala Lala

162 Hendre en Esme Roberts

220 Flip Geyer en Jane Zahra

1232 Bettie Jacobs

1314 Maartin Coetzer

1015 Ann Grandidae (van 1241

1241 Elaine Hanekom

STERFTES

Die HEV maak met leedwese die sterfte bekend van:

172 Eddie Gouws 6 April

Inwoners, wees dankbaar vir geleende tyd saam met u kinders en kleinkinders en ander familie.

Dink met dankbaarheid aan die herinneringe wat saam bymekaar gemaak is.

KERMIS 2024

Skryf solank hierdie heerlike sosiale saamkuier in jou dagboek by Saterdag 31 Augustus vanaf 09h00 tot 13h00.

Plantliefhebbers kan dus betyds steggies inlê of klein plantjies in potjies plant; vlytige hande kan weer begin om hulle kunswerke gereed te kry, of dit nou skilderye, breiwerk, hekelwerk, lampe of juwele maak is, of houtspeelgoed. BEGIN NET!

Navrae: Johan du Preez 3192

NUWE KLINIEKURE

Neem asb kennis dat die nuwe kliniekure van die landgoedsuster Maandag tot Sondag van 10h00 tot 12h00 sal wees vir bloedtrek, bloeddrukmeting, wond sorg ens. Die suster sal geen inwoner (behalwe noodgevalle) buite die ure sien sonder 'n afspraak nie.

NEW CLINIC HOURS

Please take note that the new clinic hours of the estate sister will be Monday to Sunday from 10h00 to 12h00 for taking blood, blood pressure, wound care etc. The sister will not see any resident (except emergencies) outside these hours without an appointment.

AFTER RETIREMENT (page 1)

A Senior Executive retired and shifted from his palatial official quarters to the housing society, where he owned a flat. He considered himself big and never talked to anyone. Even while walking in the community park every evening, he ignored others, looking at them with contempt.

One day, it somehow transpired that an elderly person sitting beside him started a conversation, and they continued to meet. Every conversation was mostly a monologue with the retired Executive harping on his pet topic, "Nobody can imagine the big post and high position I held before retirement. I came to this community due to compulsions" and so on, and the other elderly person used to listen to him quietly.

After many days, when the retired Executive was inquisitive about others, the elderly listener opened his mouth and said:
"After retirement, we are all like used and finished BULBS. It does not matter what a bulb's wattage was, how much light or glitter it gave. I have been living in this community for the last 5 years and have not told anyone that I was a Member of the Parliament for two terms.

On your right over there, is a **man** who retired as a General Manager in Corporation. Over there, is **another man** who was a Major General in the Army. That **man** sitting on the bench in spotless white was a Professor, who was a former lecturer at a University before retirement. He hasn't revealed it to anyone, not even to me, but I know."

All used dysfunctional bulbs are now the same-whatever its wattage was- 10 ,40, 60, 100 watts-it doesn't matter now. Neither does it matter what type of bulb it was before it got finished-LED, CFL, Halogen, Incandescent, fluorescent or decorative. And that, my friend, applies to you too. The day you understand this, you will find peace and tranquillity even in this housing society. Remember, the rising sun as well as the setting sun are both beautiful and adorable. But, in reality, the rising sun gets more importance and adoration, and is even worshipped, whereas the setting sun is not given the same reverence. It is better to understand this sooner than later.

AFTER RETIREMENT (page 2)

Dear friend, your current designation, title and power are not permanent. Keeping a lot of emotions with these things only complicates your life when you lose them one day. Remember that when the game is over, the king and pawn go back in the same box. Therefore, enjoy your achievements today/ all that you have acquired today. Have a fabulous time ahead.

Be at peace with yourself. At the end of the day all those certificates are nothing but pieces of paper that will be replaced by only one certificate.....Death Certificate.

Retirees, please keep in touch and support each other. Where possible, put a smile on someone's face. Be your brother and your sister's keeper. God bless you.

Charles Chaplin died at the age of 88. He left US Senate with 4 statements:

1. Nothing is eternal in this world, not even our problems.
2. I like to walk in the rain, because no one can see my tears.
3. The most wasted day in life is the day we do not laugh.
4. The 6 best doctors in the world...

•-Sun, Rest, Exercise, Diet, Self-esteem, Friends.

Keep them at all stages of your life and enjoy a healthy life.... Start living and stop existing!

Share with people who are important to your life. To understand it, you have to visit these 3 places: the hospital, prison and cemetery. At the **hospital**, you will understand that nothing is more beautiful than health.

In **prison**, you will see that liberty is the most precious thing. In the **cemetery**, you will realize that life is worthless, the ground on which we walk today will be our roof tomorrow.

Let us make the effort to remain humble by having the fear of God and the respect of our neighbours.

(Submitted by JJM)



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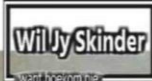
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Ek wil my brommer verkoop, sy naam is Stoffel.

Stoffel is house trained, en blaf nie, so is uitstekend vir iemand wat in n flat bly.

R50 of Naaste offer.
Offer expire oor 24 uur...

 **Wilby Skinder**



Die koue kan mens nog verdra,
Maar daai **WIND** in my kapsel!
dit **FREAK**
my uit!

