

WORLD CHOCOLATE DAY 7 July 2025

REASONS TO EAT DARK CHOCOLATE ON A DAILY BASIS

- 1.It's an antioxidant: it is loaded with organic compounds that are biologically active and functions as anti-oxidants.
- 2.Keeps your heart healthy: It can reduce the risk of heart disease by 50%
- 3.Boosts brain power: It can improve brain function: eating high flavanol cocoa for 5 days improved blood flow to the brain
- 4.It is loaded with fibres and fatty acids and minerals like iron, magnesium and zink.
- 5.It can lower blood pressure: substances called flavanols in cocoa works like blood pressure-lowering drugs called ACE inhibitors
- 6.It may be used as an anti-inflammatory
- 7.Makes you feel good: It can improve your mood and make you calmer and happier.
- 8.It can help you with your workout
- 9.It may help you reduce your food cravings and keeps you slim
- 10.It may help reduce fatigue
- 11.Prevents liver damage and boosts "good cholesterol"
12. Makes you a genius (maybe..)

(From Dr Google)

Indien jy nie glo aan Dr Google se raad nie, koop dan maar gewone melksjokolade vir jou geliefde (of buurvrou....)

KERKDIENTSTE /CHURCH SERVICES 2025

Church services will be held every Wednesday in the Hall at 09h30. There will be no services during school holidays or on a public holiday

Kerkdienste sal plaasvind elke Woensdag in die saal om 09h30. Daar sal geen dienste wees tydens skoolvakansies en op publieke vakansiedae nie.

Date/ Datum	Gemeente/ Congregation	Prediker/Preacher	Taal/ Language
23 Jul	Saints Presbyterian	Lentikile Mashoko	Eng
30 Jul	NHK Swartkop	Hein Delpont	Afr
6 Aug	Westview Methodist	Damian O'Grady	Eng
13 Aug	Mnandi Methodist	Jen Botha	Eng
20 Aug	Eldoraigne Familielkerk	Christiaan Ackerman	Afr
27 Aug	CGK Neos Gemeente	Ralph du Toit	Afr
3 Sept	Westview Methodist	Siphiwe Madi	Eng
10 Sept	NHK Swartkop	Hein Delpont	Afr
17 Sept	NG Raslouw	Francois Esterhuizen	Afr
1 Oct	Mnandi Methodist	Jen Botha	Eng
15 Oct	Saints Presbyterian	Lentikile Mashoko	Eng
22 Okt	Eldoraigne Familielkerk	Christiaan Ackerman	Afr
29 Oct	Westview Methodist	Damian O'Grady	Eng
5 Nov	NHK Swartkop	Hein Delpont	Afr
12 Nov	Mnandi Methodist	Jen Botha	Eng
19 Nov	CGK Neos gemeente	Ralph du Toit	Afr
26 Nov	Eldoraigne Familielkerk	Christiaan Ackerman	Afr
3 Des	NG Raslouw	Francois Esterhuizen	Afr

(kantoor/office)

NUWE INTREKKERS

U word hartlik verwelkom deur die HEV. Vir alle navrae kontak asb ontvangs.

48 Annetjie Stander
164 Basil, Tiena en Shats
Hatton
1023 Salie Goddard
1135 Lettie Weideman
1322 Ingrid de Swardt

NEW RESIDENTS

A warm welcome from the HOA to all the new residents. For any enquiries please contact reception.

STERFTES

Die HEV maak met leedwese die sterfte bekend van:

172 Herbie Brand 1/5
175 Annemarie Booysen 7/5
1335 Chrissie Wilbers 8/5
1214 Louisa Rautenbach 16/5
65 Ice Powell 24/5
131 Jeffrey Pattison 28/5
1232 Bettie Jacobs 30/5

DEATHS

Condolences from the HOA to the family of the above-mentioned residents.

Silver Violet Hair studios

From 08h00 to 16h00
Except Mondays

Tuesday Colleen and John
Wednesday Rhona and John
Thursday Colleen and Rhona
Friday Colleen and Rhona
Saturday Colleen

Make your appointment at 2007 or 081 515 9115 for the stylist of your choice

Important for winter months: The bus to Spar will depart at 10h00 on a Tuesday from June 2025 during the winter months.

Die bussie na Spar sal om Dinsdae 10h00 vertrek en nie om 09h00.

The winter grass cutting program started on 5 May and grass will only be cut every second week.

Die winter grassny program word nou gevolg waartydens gras net elke tweede week gesny sal word

WINTERSIEKTES

1. **Verkoues** is klein infeksies van die neus en keel wat veroorsaak word deur meer as 200 verskillende virusse en kan tuis behandel word met Vitamine C, rus en baie vloeistowwe. Dit kan ongeveer 'n week duur. Die simptome sluit in: seerkeel, loopneus, oë traan en lyfseer.

2. **Sinusitis** is 'n post-virale sistemiese infeksie en kan veroorsaak word deur verskeie faktore of allergieë. Dit kan begin met 'n verkoue wat in 'n bakteriële infeksie verander, maar kan ook veroorsaak word deur 'n virus, swam of nasale allergie. Die simptome sluit in: kwaai hoofpyn, drukgevoel agter die oë en wangbene. Enigiets wat bakteriële oorgroei veroorsaak, kan lei tot verstopping of infeksie in die sinusholtes en daarvoor moet jy dokter toe.

3. **Griep** is 'n aansteeklike respiratoriese siekte wat deur die influenza-virus veroorsaak word, gewoonlik in die middel van die winter wanneer dit koud en droog is. Die simptome sluit in: koors, loopneus, seerkeel en kan weke duur-dit kan voel of 'n trein jou getrap het. Dit loop gewoonlik op 'n doktersbesoek uit en griepinspuitings kan reeds vanaf Maartmaand toegedien word. Griep (Influenza) veroorsaak jaarliks ongeveer 6 000 tot 11 000 sterftes in Suid-Afrika en helfte daarvan is bejaardes.

HAYFEVER SEASON

1. When is hayfever season.

The surge in tree pollen can start as early as July to late September. The Wild Olive and Karee trees and Cynodon Dactylon grass planted at the Estate can release pollen from October to March.

2. Symptoms:

Itching, scratching, scratchy eyes and throat, runny nose and sneezing and can include loss of smell. Normally from September to November, but can last up to 9 months, depending on the allergens around you. No body and muscle aches.

3. How to manage hayfever.

According to Prof Jonny Peter from Cape Town University, the management of allergies due to pollen count, can be as follows:

- Keep track of the weekly pollen count on www.pollencount.co.za

- Start with preventative measures like internal nasal steroids.

- Stock up on anti-histamines.

- Keep doors and windows closed when pollen count is high and limit outside activities.

KOM BREI SAAM

Volgens die woordeboek beteken BREI: om met lang penne 'n draad wol so deureen te strengel dat dit 'n geheel word, byvoorbeeld 'n trui of 'n kous.

Volgens Eldo-inwoners, beteken BREI: gesels, lag, spog met kleinkinders, koffie drink, stories vertel en so tussendeur baie drade wol deureen strengel on beertjies en truie en musse en serpe en komborsies te maak vir minderbevoorregte kinders. Saam brei maak boonop nuwe vriendinne, help teen verveling, verminder stres, hou die vingers soepel en die brein op en wakker. En dit alles vir 'n goeie doel!

In September 2023 het 'n klomp dames onder leiding van Bettie du Rand (Tiptol 150) begin om beertjies en truie te brei vir Booyens Kleuterskool. Van toe af tot nou, word daar steeds onophoudelik gebrei. Vir elke beertjie, trui of mus is daar 'n kind wat dit baie nodig het, veral nou met die winter op hande. Almal word uitgenooi om saam te brei –gebruik jou eie wol of kom haal by Bettie, daar is gewoonlik wol beskikbaar wat geskenk word. Brei waar jy ookal is of kom drink koffie en brei saam.

Die breiwerk gaan tans na **Club 21**, 'n leersentrum vir kinders en volwassenes met Down Sindroom (<https://www.club21school.org>) en na Grannies for God, 'n groep vroue wat help waar hulp nodig is en spesifiek omsien na minderbevoorregte kinders.

In 2023 het 22 dames saam gebrei en vele inwoners het wol vir truie en stopsel vir die beertjies geskenk. Kom ons maak weer so! Onthou, enige nuwe wol of oorskietwol kan gebruik word. Bring dit asseblief en natuurlik, kontantdonasies ook welkom. (Elmarie Botes)



Kiewiet straat en vriende hou ontbyt op 24 Mei



Kiewiet street and friends at breakfast



Speletjiesaand op 25 Maart



Trevor Nasser by sang groep



Annette van 243 se suurlemoene





VAN HEERDEN ATTORNEYS
estate administrators

We offer
deceased estate
administration,
free will drafting
and expert advice.

Why Us

- 30+ years' experience
- Free in person consultations
- Monthly reports
- Accessible
- Professional yet personal service

Contact us today for your free Last Will and Testament

083 324 0331 / 079 520 3971 | info@vanhattorneys.co.za | 6 Will's Way, Eldoraigine ext. 3, Centurion, 0156

Eldoraigne

Retirement Estate



RENTALS & SALES

Properties FOR SALE



Ruan Erasmus
060 018 7679

- 2 Bed, 1 Bath **Apartment** with x1 carport - **R1250 000**
- 3 Bed, 2 Bath **Simplex** with x2 garage - **R2450 000**
- 2 Bed, 2 Bath **Simplex** with x1 garage - **R2150 000**

Properties FOR RENT



Stella Cloete
060 017 5949

- 1 Bed, 1 Bath **Apartments** from only **R8 200pm**
- 2 Bed, 1 Bath **Apartments** from only **R9 300pm**



011 805 6316



www.csi-euf.co.za

LANDGOEDSAKE: TROETELDIERE

Inwoners kom van tyd tot tyd nie die reëls rakende troeteldiere in die landgoed na nie. Honde hardloop dikwels sonder leibande en somtyds versuim inwoners om die hondemis te verwyder tydens hulle wandeling. **OF** hulle tel dit op, maar gooi dit dan in die naaste blombedding tesame **MET** die sneesdoekie. **NIE MOOI NIE!**

'n Uittreksel uit die betrokke gedragsreëls word weer aangehaal:

-Dit is die verantwoordelikheid van die troeteldiereienaar om onmiddellik agter hulle honde skoon te maak en die mis van die gemeenskaplike area af te verwyder.

-Geen honde word in die hoofgebou toegelaat nie, behalwe geregistreerde gidshonde.

-Alle honde moet aan 'n leiband vas wees en toepaslik beheer word wanneer hulle op gemeenskaplike eiendom beweeg.

-Eenaars, inwoners en hul besoekers word nie toegelaat om besoekende troeteldiere in die landgoed in te bring nie, behalwe geregistreerde gidshonde.

-Troeteldiere moet in 'n omheinde gebied met 'n geskikte hek gehou word.

-Versuim om hieraan te voldoen, kan daartoe lei dat die inwoner opdrag gegee word om die troeteldier van die landgoed af te verwyder.

VOER VAN VOËLS

Hierdie praktyk word ten strengste verbied, aangesien dit allerlei probleme meebring: mis word gemors op dakke en op die sonpanele; mis verstop die geute en kan wateropeenhoping veroorsaak wat plafonne kan aanklam; mis bemors die mure en heinings...en kan siektes oordra asook luise en bosluise wat siektes veroorsaak.

Neste wat in dakke en geute gemaak word, vererger voorgenoemde probleme en maak dit moeilik hanteerbaar. Indien daar neste onder die dakke by die woonstelle gemaak word, kos dit duisende rande om 'n kontrakteur met 'n lang leer te kry om die neste te kom verwyder.

Ons is almal lief vir die natuur, maar vermy asb hierdie praktyk dan het ons ook nie later nodig om Pest Control te kry om die probleme van voëlluise (bird mites) en bosluise te hanteer nie.

Dit sluit enige vorm van voer in: op jou stoep, of die grasperke of in die parke: broodkrummels, stukkie kos, vrugte.. Hierdie is van toepassing op huise **EN** woonstelle

ESTATE MATTERS: PETS

It has again been noticed that residents from time to time do not adhere to the conduct rules regarding pets in the estate. Often dogs are running without a leash in the streets and sometimes residents do not remove litter caused by their dogs on common property **OR** they collect it, but then just throw it in the nearest flowerbed, **TOGETHER** with the tissue. **Not nice!**

An extract from the relevant conduct rules reads as follows:

- It is the responsibility of the owners of pets to ensure that all litter caused by the pets is removed from the common area immediately.
- No pets are allowed in the main building, except registered guide dogs
- All pets must be on a leash and suitably controlled when they are on common property.
- Owners, occupiers and their visitors are not permitted to bring visiting pets into the estate, with the exception of registered guide dogs.
- Pets must be kept in a fenced area with an appropriate gate.
- Failure to comply with these rules will result in the resident being instructed to remove the pet from the estate.

ESTATE MATTERS: FEEDING OF BIRDS

This practice is strictly prohibited as it cause all sorts of problems such as messing of droppings, droppings on the roofs and solar panels, clogging of gutters and damage to ceilings; droppings on picket fences, walls and paving. It can also be the carriers of bird mites and diseases, nesting in roofs and elsewhere which exacerbate these problems.

We all love nature so let us protect it, avoiding later drastic infestation and removal methods at high costs from an expert contractor and Pest Control. (It cost R10 000 to get an expert to clean the roofs, solar panels and gutters at the apartments and Service centre)

This includes **all** forms of bird feeding, at the flats **AND** the houses, including the scattering of breadcrumbs and pieces of food on the lawns or your veranda/balcony.

The birds are nesting on the ceilings of the top floor flats, or under the roofs, and in the gutters because residents **DO NOT ADHERE TO THE REQUEST.**

PROPERTIES WANTED!
SALES & RENTALS

JUST PROPERTY

FOR SALE R2 200 000

TOWNHOUSE ELDORAIGNE AFTREE LANDGOED

EXCLUSIVE MANDATE

2
1.5
2

TOWNHOUSE ELDORAIGNE RETIREMENT

EXCLUSIVE MANDATE

Sold

JUST PROPERTY BY MICHELLE WILKE
076 648 3238 | michellew@just.property



FOR SALE R2 200 000

TOWNHOUSE ELDORAIGNE AFTREE LANDGOED

EXCLUSIVE MANDATE

2
2
2

Sold!

JUST PROPERTY BY MICHELLE WILKE
076 648 3238 | michellew@just.property



Sold!

JUST PROPERTY BY MICHELLE WILKE
076 648 3238 | michellew@just.property

Sold

JUST PROPERTY BY MICHELLE WILKE
076 648 3238 | michellew@just.property

Michelle Wilke
Tel 0766483238
In House 3068



EXCLUSIVE MANDATE

JUST PROPERTY LET BY: MICHELLE WILKE
076 648 3238