

National Garden Day 12 October 2025

Garden day is an annual movement for green fingered folk to celebrate the fruits of their labour with family and friends. Whether you have a rolling lawn, volunteer at a community garden or have a few plant boxes on your balcony, everyone is invited to participate.

On garden day we invite you to take a break from the hard work of planting, watering, weeding and mulching, and instead celebrate your garden with a party. Your garden gathering could be anything from a lavish luncheon or afternoon tea, to a picnic or simply relaxing with a good book in your favourite spot in the garden. Most importantly, don't forget to wear a flower crown!

- Have a balcony celebration
- Do lunch on the balcony
- Serve platters on the balcony or patio
- Invite the neighbours for a drink
- Toast sundowners in the garden
- Throw a tea party with your best friends
- Make room for more at your table
- Have cake at your closest park
- Braai on the lawn
- Party with your house plants
- Pack a picnic for your grandchildren
- Make flower crowns with your grandchildren
- Enjoy your cup of tea in your favourite spot

NUWE INTREKKERS

'n Hartlike welkom deur die HEV. Navrae: kontak asb ontvangs.

65 Pieter Opperman
95 Johan en Eltina J v Vuuren
257 Hans en Estelle vd Merwe
1110 Adrien Struwig
1302 Johan van Zyl
1336 Maj Majam

NEW RESIDENTS

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

STERFTE

Die HEV maak met leedwese die sterfte bekend van:

14 Aug Willie Moller
15 Aug Esme Gericke
17 Aug Roy Heuer

DEATH

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

NALATENSKAP

“Wat 'n mens nalaat, is nie dit wat gegraveer is in monumente van klip nie, maar eerder dit wat jy ingeweef het in die lewe van ander”-Perikles (495 v.C. tot 429 v.C)

Hy het die bouprojekte aangevoer vir die bou van die Akropolis en Parthenon in Athene

BUS SERVICE

TUESDAY TO SPAR
10h00-11h00 R10

THURSDAY to Mall@REDS
10h00-13h00 R20

The bus operates at a first come first serve basis and departs from the Service Centre. A ticket must be purchased in advance **by card only, no cash accepted.**

On the morning of your departure your ticket will be punched for your trip.

ALL ABOUT FERTILISERS

Many gardeners question why, if they are applying compost regularly to the soil, any further fertilisation is necessary. Because compost alone will not provide sufficient nutrients for plants to thrive and stay healthy.

Organic gardeners can supplement the compost during the growing season with light applications of "bird droppings" such as guano, poultry manure or with dressings of organic fertiliser.

Inorganic gardeners can supplement compost with the correct chemical fertiliser that contains all three of the essential growth-producing elements N, P or K.

Nitrogen(N)-the leaf maker, stimulates growth of the leaves, improves the leaf colour and increases the size of the plants.

Phosphorus (P)- the root maker, stimulates early root formation in shrubs and trees, and germination of seeds.

Potassium (K)-the flower- and fruit maker, improves the quality of flowers and flavour of fruit and vegetables. Potash is essential to plants for photosynthesis. It should be added to over-wintering plants in autumn such as roses, to make them more frost- or cold-resistant. Potassium deficiency in the soil will show by making plant leaves scorched at the edges.

Tips for success with fertiliser:

- Always apply over damp soil and water immediately.
- Sandy, light-textured soils need more frequent fertilising.
- Apply fertilisers high in nitrogen in smaller quantities than more balanced fertilisers.
- More generous amounts of fertiliser can be given to fast growing shrubs, such as hibiscus and hydrangeas.
- Give slow-growing shrubs, such as azaleas, camellias and gardenias small regular applications.
- Apply extra fertiliser after an exceptionally rainy season in order to replace nutrients leached from the soil.
- Overall size of the plant is relevant in determining how much fertiliser to apply and how often. Well established large trees can be given about 5kg of 2:3:2 spread over 4 applications per year.
- Smaller shrubs can be given about 30g (2 table spoons) per month during the growing season.

OM TE BÊRE OF NIE TE BÊRE NIE!

Die groot hartseer van afskaal en weggooi. 'n Uitdagende taak wat saam met die ouer jare kom. Of jy nou afskaal om na 'n kleiner plek te trek, of na 'n aftreeoord, of noodgedwonge omdat jy voorberei vir jou laaste permanente verhuising, maak nie saak nie.

My seun woon al 23 jaar in Amerika, dus moet sy kleintydgoed ook gaan, maar ek hou net sy kleintyd beertjie...en sy seëlversameling en sy Dinky Toys en sy eerste visstok en sy Verre Noord kleure vir Diepseehengel.

My dogter bedryf haar eie besigheid vanaf haar 5-slaapkamerhuis-maar elke gaatjie is volgeprop met haar en 7 werksmense se goed. Wat maak ek nou met haar dooprokkie? en haar beertjie? En haar spies waarmee sy by SA's deelgeneem het? Sy is van mening dat ek dit moet bêre vir my kleindogter, maar teen die tyd wat sy haar eie woonplek het, is ek lankal langboompies toe. (of soos Cora sê: met langvakansie)

Ek dink met hartseer terug aan "net-nou-die-dag" toe hulle nog in die huis was. Nou sit ek net met herinneringe en my onthouboks. Ek pak oortollige goed in weggooi bokse, net om dit later weer te gaan uitgrawe. Daar is nie 'n manier dat ek dit vir die herwinningspatrollies gaan gee nie. Daar is ook nie meer 'n manier dat ek dit onbepaald kan stoor nie-ek moet die kamer gereed kry vir die tuisversorger om in te trek.

Ek het besluit dat ek net een boks sal vol maak en hou. Vir wie? Wat bêre ek in hierdie onthouboks?

My haarknippies van die vyftigerjare. my Voortrekkergoed: gordel met tou en mes en oranje nekdoek? Die klippies wat ek opgetel het op die Visrivierstaproete.of die Otter of in die Grand Canyon? Die kunswerke van my kinders se kleuterskooldae? Die muurkalender van gedroogde sade vanaf my grootwordjare op die plaas? Die Landbouweekblad en Die Huisvrou van die sestigerjare? My Pa se kerie? My ma se pragtige hekelwerk wat sy met haar artritis-hande opgetower het? Die Handleiding wat ek in die vroeg sewentigs vir Burgerlike Beskerming opgestel het? My talle sertifikate, Diplomas en Graadsertifikate wat my gangmuur vol hang?

Wie sal tog nou waarde heg aan my aardse onthou-dinge wat ek so sorgvuldig bewaar? (Kaatjie)

BLACKSMITH LAPWING

The waiting for the two new clutches of Blacksmith Lapwing (Pied Lapwing/Blacksmith Plover/Bont Kiewiet) is over. The chicks will forage with their mothers in the Stormwater channel that runs through our Estate. The name, Blacksmith, refers to their alarm call that sounds like a blacksmith's hammer striking an anvil.

Our two resident Blacksmith Lapwing mothers have been incubating their nests in the grass in the channel.

This is the sixth successive winter that we have had two nests of four eggs each being made in our stormwater channel. Sadly, normally only two chicks from each nest survive to adulthood.

The fathers already standing as sentinels on the roofs nearby, always ready with their high-pitched warning chirps when anybody approaches, and to dive bomb them as a final warning. While they are not dangerous when they dive bomb one as they do, we shouldn't place undue stress on them, especially once their chicks have hatched. The chicks are precocial upon hatching. This means that when they hatch, they are covered in down, their eyes are open, they are alert and mobile and immediately able to move around independently in search of food. Their parents remain close by to protect them until they are fully developed.

Residents who would love to see the chicks, and watch them grow should approach the channel cautiously and silently and observe them quietly.
(Ken Hall 120)

North of the bridge



South of the bridge



Die jeug van Kerk-in Suid het saam met die inwoners kom bingo speel.



TEAMBUILDING

The gardenworkers of the Garden Group had a teambuilding and motivation session to celebrate the coming spring and summer season.



INFORMATION SESSION: ELDORAIGNE RETIREMENT ESTATE

Date: Thursday 9 October 2025 at 10h00

Venue: Hall

Purpose: Medical Waste Removal

1. According to the National Environmental Management Waste Act 59 of 2008, medical waste removal must take place to provide a clean and healthy environment for everyone.
2. Medical waste is weighed and paid for by La Vie Care Elmed according to the contract with Wotatrix.
3. Sign a contract for services to be rendered with the Village Nurse before accepting the services.
4. Please note that you may provide your own container if it has a lid.
5. Medical waste will be collected from your unit in accordance with your signed contract.
6. No diapers, pads, panty liners or pull-ups are permitted to be disposed of in the black bags.
7. Tariffs:

Monthly: for bags and waste removal	R250 per month
Cost of large box:	R100 per box
Sharps container for needles:	R60 per container

The input and discussion of all residents will be appreciated. Please attend



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SHOULDER HEALTH: THE ROTATOR CUFF

1. Why shoulders matter: Our shoulders help us do so much each day- from dressing and reaching into cupboards, to lifting grandchildren and enjoying hobbies. But because the shoulder joint moves in many directions, it can also be vulnerable to injury. One of the most common problems is with the rotator cuff.

2. What is the rotator cuff? It is a group of 4 small muscles and tendons that keep the shoulder stable and moving smoothly. When these tissues are strained or injured, they can cause pain, weakness and trouble with simple tasks like brushing your hair or sleeping on your side.

3. Why problems happen. Rotator cuff issues are common as we age, often due to natural wear and tear. Other causes include:

- Repeated overhead reaching or lifting.
- Sudden falls or awkward movements.
- Poor posture over the years.

4. Signs to look out for:

- Pain in the shoulder, especially at night.
- Weakness when lifting or reaching.
- Difficulty raising your arm fully.
- Clicking or popping in the shoulder.

5. How physiotherapy helps. The good news: most people can improve without surgery, however we also assist with post operative rehabilitation, by:

- Strengthening shoulder muscles.
- Stretching to improve flexibility.
- Relieving pain with gentle manual techniques.
- Teaching safe daily movements.

6. Wellness tip:

Don't ignore shoulder pain-it's not just "part of getting older". Early care makes recovery quicker and easier.

7. A gentle reminder: Here at Eldoraigue Retirement Estate, we want all residents to stay strong, mobile and comfortable. If you notice shoulder pain or weakness, please speak to your healthcare provider, or book a physiotherapy session. Home visits for post operative care.

(ASMA OMAR PHYSIOTHERAPIST 082 727 3656)

REÛLS VIR GEBRUIK VAN FASILITEITE

Die volgende riglyne en voorwaardes geld vir alle gebruikers van enige fasiliteit, insluitend aktiwiteite: (klubhuis, saal, jukskei ens)

1. Geen besoekers en/of kinders word sonder die teenwoordigheid van die betrokke inwoner/aktiwiteit-koördineerder toegelaat om die fasiliteit te gebruik nie. Sodanige persone sal onmiddellik gevra word om die fasiliteit te verlaat nadat alles skoongemaak is.
2. Die gebruiker/aktiwiteit-koördineerder moet die fasiliteit gedurende kantoorure by Ontvangs bespreek vir die betrokke dag/tyd.
3. Die sleutel, indien van toepassing, moet by Ontvangs (kantoorure) of by Sekuriteit afgehaal/ ingehandig word.
4. Die fasiliteit word vir gebruik toegeken aan die party wat bespreek het, maar wanneer dit 'n aktiwiteit is, kan oordeel gebruik word om ook ander aktiwiteite toe te laat indien prakties moontlik.
5. Die gebruiker moet die fasiliteit inspekteer en onmiddellik enige foute/gebreke rapporteer.
6. Die betrokke gebruiker sal verantwoordelik wees vir enige skade aan toerusting wat tydens die gebruik van die fasiliteit aangerig word.
7. Die gebruiker moet die fasiliteit in dieselfde toestand laat as waarin dit gevind is. **Indien toerusting na gebruik nie skoongemaak word nie, sal 'n fooi van R250.00 van die betrokke gebruiker verhaal word.**
8. Enige gebruiksitems wat verbruik word is vir eie onkoste en moet deur gebruiker verskaf word (snoekerpunte, snoekerkryt ens)
9. Die gebruiker sal hom-/haarself vergewis van hierdie reëls en aanvaar dit onvoorwaardelik by bespreking en afhaal van die sleutel.
10. Na herhaalde misbruik en/of oortreding van die voorwaardes, sal die betrokke persoon, na skriftelike kennis, verbied word om weer die fasiliteit te gebruik.
11. Enige klagte/ongerymdheid moet onmiddellik skriftelik aan die Landgoedbestuurder rapporteer word.
12. Die fasiliteit en/of enige voorsiene/permanente toerusting sal binne redelike perke deur die HEV onderhou word. (Kantoor 8/2025)

RULES FOR USE OF FACILITIES

The following guidelines and conditions apply for utilisation of the facility, including any activities: (clubhouse, hall, jukskei pitch etc)

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 relevant date and time.
3. The key, if applicable, 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. Any consumables used will be for own expense and must be supplied by the user. (Eg. Cue tips, chalk etc.)
9. The user will ensure that he/she understand and accept these rules and conditions, and the booking and receipt of the key confirm acceptance.
10. After continuous abuse/contravention of these rules, the relevant person will, after written notice, be prohibit to again use the facility.
11. Any complaint/ non-compliance must immediately be reported in writing to the Estate Manager.
12. The facility and/or installed/permanent equipment will be reasonably maintained by the HOA.
(Office 8/2025)

HERWINNING VAN PLASTIEK

Suid-Afrika is een van die morsigste lande en sukkel om sy eie plastiekrommel te behartig, maar die regering oorweeg dit nietemin om ander lande se ou gebruikte plastiek in te voer. (Beeld 15 Sep 2021) ?

1. Plastiek

- Suid-Afrikaners genereer 45kg plastiekafval per kapita teenoor die wêreldwye gemiddeld van 29kg en is een van die wêreld se 11 grootste plastiekafval-besoedelaars.
- Volgens die WWF (Wêreldnatuurfonds) beland 79 000 ton afvalplastiek jaarliks in Suid-Afrika se natuurlike omgewing.
- Die produksie van plastiek stel skadelike chemikalieë en kweekhuiskasse vry. Dit benadeel mense se gesondheid en bevorder klimaatsverandering. Die meeste plastiek wat vervaardig word, word net een keer gebruik en dan weggegooi.
- Meer as 15 000 tot 40 000 ton plastiek beland jaarliks in die see.

2. Ken jou plastiek.

Polimeer kode	Beskrywing	Herwin na
PET	Bottels en houers vir water, koeldrank, vrugtesap en kos	Vesels vir matte, duvets en kussings. Materiaal vir klere, skoene, nuwe bottels en verpakking.
PE-HD	Bottels vir melk, sap en sjampoe, inkopiesakke, houers en kratte	Kratte, speelgoed, asblikke, modderskerms en sakke.
PVC	Helder bottels vir toiletware, kos en medikasie, asook kleefplastiek	Pype, skoensole, reenstawels en tuinslange
PE-LD	Sakkies vir bevrore groente, brood en toilet papier, vullissakke en melksakkies	Vullissakke, vullisblikke, waterpype en plastiekhouders
PP	Houders vir joghurt, roomys, margarine. Doppië en plastiek rondom lekkergoed	Plastiekmeubels, klerehangers, verfskinkborde, speelgoed en emmers
PS	Houders vir wegneemetes, vleis, vrugte en groente, asook koppies.	Fotrame, plafonafwerkings, planthouders en ook in die boubedryf
Ander	Multilaagverpakking vir verwerkte vleis, kaas en sous. Tandepastahouders.	Herwinbaar as die lae geskei kan word.