# THE MARINA NEWS

Edition no. 2

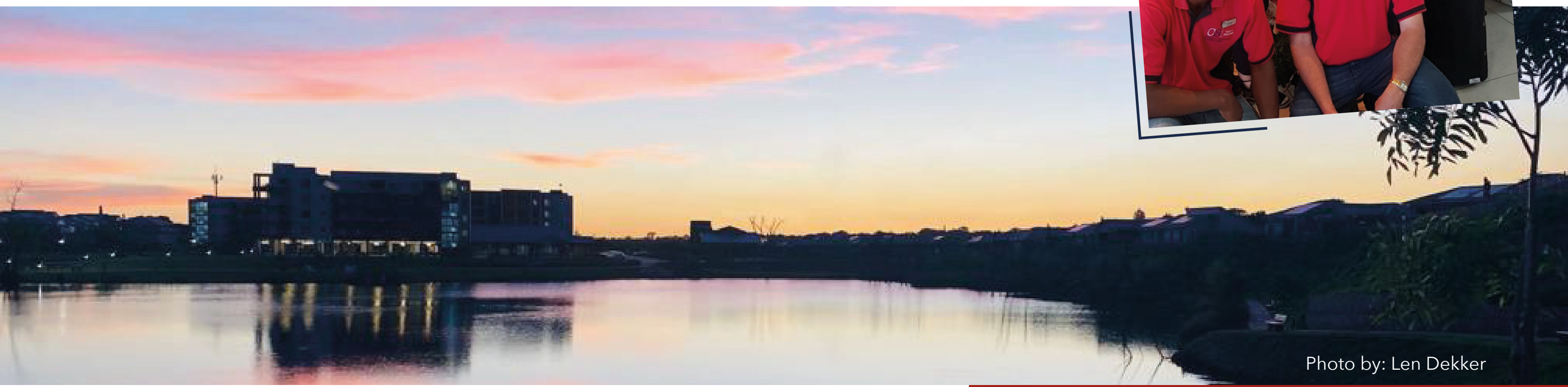

Photo by: Len Dekker

## DEAR RESIDENTS & OWNERS

NEWS / NUUS • Deur Jeanny Strauss

The CSi Property Management team wishes every resident and owner a blessed festive season. Pause to take note of every special thing around you during this time. Travel safe! Jeanny, Shimoné, Caylin, George & Etienne

While 2020 was filled with challenge and difficulty, 2021 brought opportunities for renewal and growth. I would like to highlight a few of Waterkloof Marina's milestones in 2021.

- We rolled out a successful vaccine initiative and administered about 800 free injections on site (residents and staff, first and second jabs).
- We had our SGM and first AGM and elected resident directors.
- We established 9 resident committees.

**I salute and thank the directors and committees for their hard work and commitment and I have no doubt this momentum will be carried into 2022.**

I will be remiss not to mention the incredible contributions of our residents. I commend the ladies of our crafts group, who support various charity groups with their handiwork and their good hearts. Also a big thank you to the members of the clothes bank, for the quiet but valued work they do.

The groups that arrange all the lovely events for our estate - thank you. We also have many wonderful residents that go above and beyond to care for neighbours, who take them shopping or welcome them home after a spell in hospital. Thanks to each of you, for the difference you make at Waterkloof Marina.

The new year will no doubt be very eventful, given the growth phase that the estate is currently in.

In approximately July/August of 2022, the first pocket of homes in extension 11 will be handed over and we will welcome the first of a new group of residents at Waterkloof Marina. This, to mention only one major event to expect from 2022.

While planning for 2022, I again draw inspiration from our residents and owners, the people that give meaning to this estate. A couple of years ago, one of our residents were quoted in a magazine to say more or less following: "It is important to never be content… always aspire for more… you must lift the bar every day". Those inspirational words are front and centre of my mind as I hit the reset button for 2022: LIFT THE BAR EVERY DAY!

Here's to all you have achieved and overcome in 2021 and to what you aspire to do in 2022. May the holidays bring you peace, rest and joy and may the new year excite and encourage you.

Until next time!

*Jeanny Strauss*

## Get in Touch

- Email: admin.waterkloof@csimanagement.co.za
- Reception Tel: 012 883 1900/01/04
- Address: 296 Orion Avenue, Waterkloof Ridge

WATERKLOOF MARINA
AFTREELANDGOED · RETIREMENT ESTATE

## What's new?


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# BOODSKAP VAN DIE DIREKSIE VOORSITTER

IMPORTANT / BELANGRIK • Deur Frik Rademan

In die eerste uitgawe van ons kwartaallikse nuusbrief het Jeanny na ons Aftreelandgoed verwys as " ń eiland van uitnemendheid". Wat ń gepaste beskrywing is dit nie! Ek kan nog aan vele ander dink, soos bv. "Hemel op Aarde".

Die feit is dat ons besonder bevoorreg is om in so ń wonderlike plek te kan aftree. Natuurlik het ons almal baie hard gewerk en verdien ons dit om hier te kan wees. Ons eiendom is nie net ń woonplek nie, dit is ook ń duursame beleggingseiendom wat in waarde gaan toeneem.

Meeste van ons het egter reeds afgetree en ontvang nie meer ń maandelikse salaris nie en is afhanklik van ons pensioen en spaargeld. Gevolglik is dit van die uiterste belang dat ons WM op so ń wyse bestuur dat ons eiendom in waarde toeneem en die maandelikse heffings vanaf 2023 met minder as inflasie sal toeneem (ons koopooreenkomste bepaal dat 2022 se heffings met 8% sal toeneem om reserwes te bou soos wetlik voorgeskryf is). Om dit egter te kan doen sal ons nie net mooi na ons persoonlike eiendom moet omsien nie, maar ook na ons gemeenskaplike bates (leefstylsentrum, gimnasium, historiese gebou, dam, wandelroetes, meubels, ensovoorts). Die gemeenskaplike bates moet deur ons maandelikse heffings in stand gehou word en waar nodig vervang word.
Die huiseienaars het die Direksie en Bestuur ń mandaat gegee om WM namens ons te bestuur. Dit kan egter net gedoen word met die ondersteuning en samewerking van al die inwoners. Gevolglik pleit ek by u, kom ons vat hande en bou WM verder uit tot voordeel van ons almal. Laat al ons besluite in belang van WM geneem word en laat ons almal streng by die reëls van WM hou. Lees asseblief alle omsendskrywes wat aan ons gestuur word. Sluit ook aan by WM se amptelike selfoongroep sodat ons op hoogte van alles is wat hier plaasvind. Indien u enige probleme by WM ervaar, meld dit asseblief by die ontvangs aan waar dit gedokumenteer en nagespeur kan word.

WM is in ons hande. Ons besit ń juweel wat ons moet bewaar. Kom ons fokus op die positiewe en bou WM uit tot voordeel van ons almal.

ń Geseënde Kersfees en voorspoedige Nuwejaar word u almal toegewens.

# MESSAGE FROM THE BOARD CHAIRMAN

IMPORTANT / BELANGRIK • Deur Frik Rademan

In the first edition of our newsletter Jeanny referred to our Retirement Estate as "an island of excellence". What an appropriate description this was! I can think of several others, such as "Heaven on Earth", for example.

The fact is that we are very privileged to retire at such a wonderful place. Of course, we all worked very hard and deserve to be able to do it here. Our property is not only a place to live, but also a durable investment property that will increase in value.

Most of us have already retired and no longer receive a monthly salary. We are dependent on our pensions and savings. It is therefore of the utmost importance that we manage WM in such a way that our property increases in value and the monthly

levies from 2023 onwards increase by less than inflation (our purchase contracts stipulate that our monthly levies will increase by 8% to build reserves as required by law). To do so, we shall not only have to look carefully after our personal possessions, but also after our common assets (lifestyle centre, gymnasium, historical building, dam, walks, furniture, etc.). These common assets must be maintained by our monthly levies and replaced when necessary.

The homeowners have given the Board and Management a mandate to manage WM on our behalf. This can, however, only be done with the support and cooperation of all residents. I therefore plead with you, let us take hands and develop WM further to the advantage of us all. Let us take all decisions in the interest of WM and let us all adhere strictly to the rules. Please read all circulars that are sent to us. Join the official WM cell phone group so that we can keep up with everything that takes place at WM. If you experience any problems, report them to reception where they are documented and can be traced.

WM is in our hands. Let us focus on the positive and develop WM for the personal advantage of us all.

I wish you all a Merry Christmas and a prosperous New Year.

# WM WYNGILDE WM WINE GUILD

NEWS / NUUS • Deur Thys du Preez

Ons Landgoed het op 4 Junie 2021 sy eerste Kaas-en-Wyn funksie gehad. Die aantal inwoners wat dit bygewoon het was verstommend. Net daar het die gedagte van ŉ wyngilde in eie geledere ontstaan.

Die belangstellendes het vining na vore gekom en ons het reeds meer as 50 lede. Dit is duidelik dat daar baie inwoners is wat belangstel om meer van die "geselsmiddel", wat in bottels voorkom, te leer.

Daar is ŉ hele klomp maniere wat gebruik sal word om belangstelling in ons wyngilde en die wynbedryf te prikkel. Dit sluit in lesings oor wynsoorte en meegaande smake, wynproë, besoeke aan ons deur wynkelders, kos-en-wyn parings, blinde proë en andere aktiwiteite. Die belangrikste bonus van die Wyngilde is natuurlik aangename samesyn.

The result of all the down below was our inaugural meeting of WM Wine Guild, held in the dining room of the Estate on 12 October. It turned out to be an amazing event. 34 of the members turned up to participate in the discussions and we were treated by an excellent talk by Eric van der Bank, who gave some insight into the history of wine. He also provided some guidance of how to appreciate wine more by knowing the product better. In all, we had a wonderful time together.

By die openingspvergadering is daar besluit op ŉ ledegeldestruktuur wat eenparig goedgekeur is. Die gelde sal aangewend word om koste van toekomstige aktiwiteite te delg. Inwoners van Waterkloof Marina is welkom om aan te sluit by die Wyngilde.

**Belangstellendes is welkom om vir Thys du Preez te kontak deur WhatsApp op 083 279 6757 vir verdere inligting. Stuur asseblief julle eenheidnommer en e-posadres saam sodat aansoekinligting aan jou gestuur kan word.**

**Anyone interested is welcome to contact Thys du Preez through WhatsApp on 083 279 6757 for further information. Please send your unit number and email address so that application information can be sent to you.**

# INTRODUCING OUR COMMITTEE MEMBERS

NEWS / NUUS • By Kathleen Coxwell

## FINANCE / FINANSIES

Thys du Preez
Ivan Holden
Schalk Kruger
Cheryl Hurrel

## LIFESTYLE / LEEFSTYL (HEALTH/GESONDHEID)

Willie Smit
Hilda Smit
Vivienne Briers
Michael Lippert

## LIFESTYLE / LEEFSTYL (DINING/EET)

Paul Janse van Rensburg
Tina Stoffberg
Pat Jacobs

## SOCIAL / SOSIAAL

Annette Erasmus
Ruanda Gildenhuys
André Theron
Betty Steyn
Gill Udal
Mara Doherty
Pat Jacobs
Pieter Liebenberg

SOCIAL COMMITTEE

## COMMUNICATION / KOMMUNIKASIE

Johann van der Walt
Anton van Velden
Gigi Robbertze
Gill Udal

## SECURITY, HEALTH & SAFETY
## SEKURITEIT, BEROEPSGESONDHEID & VEILIGHEID

Kobus du Plessis
Chris Gildenhuys
Freda Scott
Sarel Esterhuizen

## INFRASTRUCTURE / INFRASTRUKTUUR

Rob Anderson
Robbie Jones
Lawrie Marshall
Johan Els

## GARDENS & HOUSEKEEPING
## TUINE & HUISHOUDING

Len Eicker
Inne-Marie Koen
Pieter Uys
Anton Kemp
Freda Scott
Elly Smith
Sarina Vogel
Antoinette Erasmus
Daphne Stokoe

## DAM

Marius Hornsveld
Kobus du Plessis
Jaap Gouws
Vincent Taylor

# BIG BROTHER IS WATCHING

NEWS / NUUS • By Anton van Velden

When first requested to write a legal article for The Marina News it was suggested that I write on the topical Protection of Personal Information Act (colloquially referred to as POPIA). I politely declined to write on POPIA, and decided to rather write on 2 acts which may in many respects seem to be the antithesis of POPIA, i.e. the Promotion of Access to Information Act ("PAIA") and the Financial Intelligence Centre Act ("FICA"). I nevertheless for the context refer to POPIA below.

POPIA has the virtuous purpose to inter alia promote the protection of public and personal information processed by public and private bodies. However noble the objective might be I personally have grave reservations to what extent this legislation can in practice protect citizens' personal information in an age where Big Brother has for a protracted period been watching your every move and where you are constantly under internet surveillance. It is rather ironic that the State, which knows your every move, passed an Act to protect your personal information. As a further irony the IT-system of the Department of Justice (which administers POPIA) has recently been breached, potentially compromising your personal information held by the Department (e.g. by the Master of the High Court).

While POPIA seeks to promote privacy PAIA promotes freedom of information. PAIA's emphasis is on facilitating access to information rather than protecting privacy. PAIA is much "older" than POPIA, more interesting and more likely to be of help for ordinary citizens. PAIA intends to give effect to the constitutional right to access to information that is held by the State (irrespective of whether the information is required for the exercise or protection of any right) and any information held by another person that is required for the exercise or protection of any right. PAIA applies to a record (i.e. recorded information) and not the information per se. Access is granted by submitting a request to the Information Officer / Head of a private body. Obviously, there are certain exceptions, but these fall outside the ambit of this article.

FICA introduces a framework that requires financial institutions and other businesses to take steps regarding inter alia client information. We all know the frustration of regularly having to provide documents in the process of being "FICAed", or as it is sometimes euphemistically called by the banks, "Know your Customer". Under FICA you need to provide your personal information and documents, which POPIA then seeks to protect!

In conclusion, and to complete the picture, it is necessary to also refer to the act with the overbearing name Regulation of Interception of Communications and Provision of Communication-related Information Act (colloquially known as "RICA"). RICA seeks to regulate the interception of certain communications. The unlawful interception of communications of certain private and public bodies by the Intelligence Services was recently in the news. This obviously frustrates the very purpose of RICA and POPIA.

All of the above regrettably reinforces Oscar Wilde's statement that "the study of law is sublime and its practice vulgar".

# SCAM WARNING

NEWS / NUUS

If anyone representing your bank telephones you to say you've been the victim of fraud and that immediate action by you will reverse the illegal transactions on your account - don't even continue the conversation. Rather phone the fraud division of your bank yourself. The scamsters send proof of a couple of large unauthorised withdrawals and then reverse these once you have supplied your CCV number - but you have to supply the pin. NO bank will EVER request this information. The scamster is skilled at confusing you with a succession of smaller transactions which are reversed once you supply the pin, and you do not realise that the larger transactions have not been reversed and that you've given them the pin to clear out your account.

So the golden rule is: never supply a CCV or pin via phone, SMS, email, WhatsApp etc to ANYONE. Terminate the call and contact the fraud division of your bank immediately.

# WHAT TO DO IN RETIREMENT? FIND A HOBBY!

NEWS / NUUS • By Kathleen Coxwell

### *ABCs* of Hobbies:

Activism. Amateur Radio. Antiquing. Archery. Art. Astronomy. Badminton. Baking. Beekeeping. Biking. Birding. Board Games. Book Club. Boomerangs. Brewing Beer. Bridge. Calligraphy. Camping. Card Games. Cartooning. Casinos. Chess. Collage. Collecting. Composing Music. Cooking. Crafting. Cricket. Crochet. Cross Fit. Crossword Puzzles.

### *DEFGHIJKLs* of Hobbies:

Dancing. Darts. Daydreaming. Drones. Electronics. Entertaining. Fashion Design. Fencing. Fishing. Flower Arranging. Flying. Genealogy. Geocaching. Geology. Golf. Graffiti. Hot Air Balloons. Hiking. Horses. Hunting. Inventing. Jewellery Making. Joining a Band. Journaling. Juggling. Kayaking. Kites. Knitting. Lawn Bowling. Letter Writing.

### *MNOPs* of Hobbies:

Mah-jong. Making Videos. Marathons. Martial Arts. Metal Detecting. Mixology. Museums. Models. Motorcycles. Movies. Mycology (Mushrooms). Orienteering. Origami. Paintball. Paragliding. Pilates. Playing an Instrument. Photography. Ping Pong. Poker. Pottery. Printing in 3d. Puppetry.

### *QRSTUVWXYZs* of Hobbies:

Quiz Evenings. Reading. Remote Control Cars. Road Trips. Rock Climbing. Robotics. Rowing. Rugby. Running. Sailing. Scuba. Scrapbooking. Sculpting. Sewing. Singing in a Choir. Skiing. Snorkelling. Soccer. Socialising. Swimming. Surfing. Tai Chi. Tennis. Theatre Productions. Trampolines. Walking. Whisky Tasting. Wine Tasting. Woodwork. Wood Carving. Wrestling. Writing. Yoga. Yo-yos. Ziplining.

Retrieved from www.newretirement/retirement/what-to-do-in-retirement (slightly adapted)

# WHISKYVERENIGING NUUS

NEWS / NUUS • Deur Chris Gildenhuys

### Suksesvolle derde byeenkoms

Die derde byeenkoms vir die jaar is suksesvol op 2 September aangebied. Nie minder nie as 42 persone, synde whisky-entoesiaste en hul ewe ywerige gades, het die geleentheid bygewoon. Gegewe die groot aantal bywoners is die verrigtinge in ń gedeelte van die restaurant gehou.

Na afloop van die formele verrigtinge is daar gesellig saam gekuier en whisky gesels en geproe. Daar is ook heerlik gesmul aan eetgoed wat deur vrywilligers geskenk en voorgesit is. Baie dankie vir almal se bydrae om van dié byeenkoms ook ń geleentheid te gemaak het om te onthou!

ń Skotse enkelmout (*Glenfiddich 12*), ń trippel gedistileerde Ierse whiskey (*Bushmills Black Bush*) en ń Japanese versnit whisky (*Suntory Toki*) is deur vrywilligers geskenk en aan die toehoorders bekendgestel. Telkens is daar geruik, geproe en gesluk.

*Gesellige samesyn na afloop van die formele verrigtinge tydens die 2 September byeenkoms*

*Johan van den Bergh vertel een en ander interessantheid oor die Black Bush terwyl Heather Maizey instemmend glimlag*

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Baie dankie vir almal se bydrae om van dié byeenkoms ook ń geleentheid te gemaak het om te onthou!

Skakel vir Chris Gildenhuys (WM57; 082 415 3624) of Anton van Velden (WM10; 082 881 4361) vir enige navrae in verband met byeenkomste of die Vereniging in die algemeen.

# WIE IS FRED & LOUISE NEL

RESIDENTS / INWONERS • Deur Johann van der Walt

Fred en Louise Nel woon in Eenheid 185. Fred is ń kranige stoeier en het in Oktober 2021 op amper-72-jarige ouderdom ń silwermedalje verwerf in die SA Meesters Stoeikampioenskappe teen manne wat 10 jaar jonger en 10kg swaarder as hy is. Hy het al drie keer die goue medalje verwerf.

Fred het in 1991 sy Springbokkleure verwerf as afrigter van die Nasionale Amateurstoeispan (hy was ook voorsitter van die Nasionale Afrigtingsraad) en was die afrigter van ons span by die 1994 Statebondspele en die 1996 Olimpiese Spele in Atlanta (waarvoor hy sy Proteakleure verwerf het). Hy was ook verskeie kere die SA stoeikampioen. Hy het na 10 jaar besluit om weer die gholfstokke af te stof en hoop om binnekort ń bedreiging vir Louis Oosthuizen te wees.

Fred en Louise het in 1996 by die Brakpan swembad ontmoet en het in Brakpan gewoon totdat hulle in Desember 2020 by die Marina kom aftree het.

Louise was vir 42 jaar ń finansiële beampte by Vandykpark Kleuterskool en die Justine en Muriel Brandskool waar sy afgetree het.

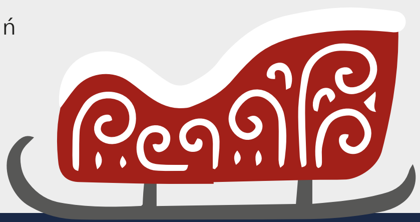
Fred het na 25 jaar by Westelike Provinsie Kelders besluit om sy eie besigheid, Fredfit Shopfitters, te stig. Na 25 jaar het hy afgetree, hoewel hy nogsteeds besig bly met sekere projekte en die teken van planne.

Hulle het twee kinders. Stephan (getroud met Sonette) is ń Besigheidskonsultant en Kommersiële Analis, en Sonet (getroud met Daniël, bekend as Akker) bedryf haar eie besigheid wat spesialiseer in arbeidsverhoudinge, menslike hulpbronne en besigheidsreddings. Die Nels het vier kleinkinders, Regards, Deniké, Rico en Xiewan. Hul Yorkie, Chloe, het saam getrek en is ook nou ń ware Waterklower.

# WATERKLOOF MARINA GHOLFGROEP

NEWS / NUUS • Deur Pine Pienaar

ń Waterkloof Marina Gholfgroep is sopas gestig. Alle belanstellendes is welkom om ń WhatsApp-boodskap aan Pine Pienaar te stuur op 082 902 1990 om by die groep aan te sluit. Pine sal laat weet wanneer daar gespeel gaan word (veral op Maandae by Waterkloof Gholfklub) en lede kan dan saamspeel. Pine onderneem om aan die begin die besprekings en administrasie te doen en ons hoop dat die groep genoeg sal groei sodat ń formele komitee later saamgestel kan word.



# A GIFT *just for you this Christmas...*

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# WHO ARE JACK & DAWN WIID

RESIDENTS / INWONERS • By Gill Hdal

Jack and Dawn Wiid, who live in Unit 61, are both born and bred in Pretoria, although Jack spent a few years at High School in Bulawayo in the former Rhodesia. They have three sons and five grandchildren who all live here in Pretoria. Dawn says their children and grandchildren are their pride and joy.

Jack's passion has always been cycling and motor sport. He has taken part in many cycling events and has been chairman of Cycling Clubs. He has also participated in many regional as well as classic rallies and has won championships with their son Charl. One can often see Jack cycling on his e-bike around the Marina.

For additional exercise Jack and Dawn have started playing bowls at the Pretoria Country Club. They enjoy it very much and recommend it to everyone. Give them a call if you are interested to join.

Dawn worked as a microbiologist at Onderstepoort Veterinary Academic Hospital and at the University of Pretoria. She used to enjoy playing badminton and tennis but now rather does mosaic as a hobby.
Jack has always been an entrepreneur and in 1982 started Pioneer Plastics, which manufactures industrial plastic products. From a modest beginning it is now a leader in the rotational molding industry and at the forefront of technology and innovation.

In 2020 Jack and Dawn became Lord and Lady of Glencoe in Scotland by acquiring part of an estate in the parish of Lismore. They moved from Woodhill Golf Estate a year ago and love living here at the Marina, not only because of the surroundings but also because of the wonderful people they have met here.

# WIE IS PAUL & LOUISE DU PLESSIS

RESIDENTS / INWONERS • Deur Johann van der Walt

Paul en Louise du Plessis ken mekaar al 42 jaar en is al 37 jaar lank getroud en is baie lief vir die Here. Hulle het mekaar op Tukkies gevind, dol verlief geraak, twee jaar deur die weermag, getrou en vir twee jaar in Pretoria gebly. Daarna het hulle vir 14 jaar op Randfontein gaan bly waar Paul in die landboubedryf gewerk het en Louise ń onderwyser, dosent en later sakevrou was.

Hulle het daar vir Carl en Roenique grootgemaak. Teen die einde van die vorige eeu het hulle terug verhuis na Pretoria waar Carl as 4de generasie Affie sy hoërskoolloopbaan begin en voltooi het, asook Roenique by Waterkloof. Hulle het op die PUK gaan studeer. Altwee is getroud en nou het Paul en Louise vier kinders en vier kleinkinders – hul harte se punte! Hulle vertel dat hulle baie geseënd dat al hul kinders in Pretoria bly en dat hulle gereeld saam kuier.

Beide Paul en Louise is nog aktief betrokke by hul eie besighede en geniet die stimulerende werk. Verder is hulle ook betrokke by huwelikmentorskap vir voornemende huwelikspaartjies. Hulle is ook betrokke by verskeie gemeenskaporganisasies waar hulle ń positiewe verskil kan maak.

Hulle is baie lief vir die buitelug en toer graag in hul 4x4, met of sonder boot en karavaan en soms ook met hul motorfiets. Louise is baie lief vir stap in die natuur en fotografie. Sy het sopas die Baviaanskloof Camino voltooi. Paul weer hou van jag, bergfietsry en visvang. Fiksheid en ń gesonde leefstyl bly vir hulle baie belangrik. Hulle het ń positiewe uitkyk op die lewe: Vir hulle is die glas altyd halfvol en oplossings hul eerste gedagtes.

Paul sê dat Waterkloof Marina al in sy DNA was sedert die 80's toe hy as jong man reeds hier vis gevang het. Dit was toe al ń droom om eendag langs hierdie water te woon – iets wat deur baie genade van Bo in 2020 ń realiteit geword het.

Hul toekomsdroom is dat hierdie spesiale gemeenskap van Waterkloof Marina nog meer in mekaar se harte sal inkruip en dat die Marina ń hartstuiste vir ons almal sal wees. Hulle sê dat hulle elke dag meer en meer besef dat hulle baie bevoorreg is om hier te woon, en is dankbaar teenoor almal wat dit so spesiaal maak.
Paul is onlangs verkies as een van die direkteure van die Marina.

# BIRDING A PLEASANT WAY TO SPEND TIME

NEWS / NUUS • By Vince & Waldo

### A pleasant way to spend one's time here at WMRE

As birds are all around us, this pastime is an easy way in which to become involved with birdwatching and, in Southern Africa there is the possibility of seeing some 960 different species of birds. Our own "home grown South African" species, together with regular visitors from Africa and Europe, number some 840 birds with a further approximately 120 vagrants (only occasionally seen).

On our estate we have the potential of seeing about 100 species with some 40 to 50 species having already been seen. Different birds generally live in different areas and as birds are able to fly around easily, they are not (strictly) confined to these habitats.

Our lovely estate is in itself, a confining factor but as our gardens flourish, the growth of the shrubs and trees will in the future attract more birds. We are also fortunate in having our lake which entices additional species.

*Lewensdrama in die kleine WM se voëlwêreld!*

"Heerike fees!"

"Drie weke later, niks?"

As ek, Waldo, elke oggend wakker word en uit my venster kyk, sien ek net ń swetterjoel van Gewone Frette (E: Bronze Manikins) asook Rooikopvinke (E: Red-headed Finch) en Gewone Mossies (E: Cape Sparrows) en wat nog alles, wat mekaar bykans vertrap in die voerbak in ons tuin. Hierdie ontwerp hou die arme duiwe uit (wat gewoonlik alles vining opvreet) maar hulle pik nou al die uitval op wat op die grasperk val. Vandat ons hulle gereeld voer, sien ek en Hettie ook gereeld groepe van bykans veertig Gewone Frette bymekaar in ons tuin. Kan iemand my vertel hoe kry hulle dit reg om almal saam soos "een Fret" op te vlieg as hulle elders heen wil gaan? Daar is nog baie dinge in ons natuur wat ons glad nie verstaan nie.

So drie weke later is die voerbak vol saad maar egter geen voëls nie? Wat gaan hier aan? Dis 'ń oorlog in die kleine en die skuldige een is die Koningrooibekkie (E: Pin-tailed Whydah) met sy wit pens so effens regs en hoër op in die boom in the tweede foto wat sy gekaapte koninkryk nogal agressief beskerm. Hy is die heel dag, letterlik elke paar minute, aan die wegjaag van toetreders en word skynbaar nooit moeg nie. Mag ons inmeng? Mens wil amper maar: "Nee, glad nie", dit gebeur in die broeitydperk by hierdie pragtige maar parmantige voël met sy baie lang stert, seker al vir millennia.
Een van die dae is die broeitydperk verby en word hy maar weer ń klein vaal voëltjie.

### Where do we go from here?

We as "birders" or "voëlkykers" can come together and create a "WM Birders Club"/"WM Voëlkykersklub" or also those of us who wish to become birders and this may include residents who are keen on bird

photography. Then, through this initiative we can start a Bird Sightings List for WMRE (Waldo's own list stands currently at 42 and Vincent's list at 49).And possibly form a WhatsApp group or rather, establish an e-mail contact where we can share exciting new sightings.

How do we get started: a good bird guide book and a pair of binoculars are the essentials. Other aids to birding would be:

- reading up on the subject
- attending a beginners course on birds
- viewing videos
- listening to bird-call tapes
- photographing birds which will also greatly assist in identifying a bird
- attracting birds into your garden

We are keen to know whether there would be sufficient support to establish a WM Estate Birding Group which would include photographers interested in birding who would be welcome, as a photographic record of our birds would be most valuable.

Between Waldo (Metallurgist) and Vincent (Optometrist), we believe we have the "metal" to form a birding group and the "vision" to see this task through to its finality. Jeanny Strauss, the WMRE General Manager, approached us concerning the project and fully supports this initiative.

Interested persons should please send us your contact details as per the details below.

| Vince Taylor (Unit 33) | | Waldo Stumpf (Unit 18) | |
|---|---|---|---|
| Cell no: | 073 361 4998 | Cell no: | 082 591 8033 |
| E-mail: | pavin@acenet.co.za | E-mail: | waldo.stumpf@gmail.com |

Photographer Yes/No?

# WIE IS FRIK & SERAH RADEMAN

RESIDENTS / INWONERS • Deur Johann van der Walt

Frik Rademan is onlangs verkies as voorsitter van die direksie van Waterkloof Marina Afreelandgoed. Hy en sy gade Serah woon in eenheid 271 en sal op 10 Desember vanjaar 44 jaar getroud wees. Hulle het albei in Welkom gematrikuleer, maar het mekaar eers ontmoet nadat Frik sy weermagopleiding voltooi het (hulle was in verskillende skole). Hulle woon al sedert 1989 in Pretoria.

Frik het sy loopbaan in Welkom begin as ń oudit-klerk en het deeltyds by Unisa begin studeer. Nadat hy vir ń tyd as Bestuursrekenmeester by Anglo-American gewerk het, het hy by AVBOB aangesluit, waar hy gevorder het van Finansiële Bestuuder in Bloemfontein tot Hoofbestuurder Finansies en Besturende Direkteur van AVBOB Lewens in Pretoria. In 2011 is hy aangestel as Hoof-uitvoerende Amptenaar van die AVBOB Groep. Frik het in 2019 afgetree en is toe aangestel as voorsitter van die AVBOB direksie. Hy het egter in 2020 as voorsitter bedank nadat hy ń groot operasie moes ondergaan, maar dien nogsteeds as nie-uitvoerende direkteur van AVBOB asook op die direksies van twee ander maatskappye.

Frik se bydrae tot die sakewereld het erkenning gekry deurdat SAPSA (SA Professional Service Awards) aan hom die "Lifetime Achievement Award" in 2019 togeken het. Dit is ń unieke toekenning omdat geen persoon daarvoor genomineer kan word nie. SAPSA volg besigheidspersone se loopbane oor ń lang tydperk in die pers in terme van bestuursvaardigheid, toekennings ontvang, en suksesse behaal. Op grond van hierdie kriteria word individue geselekteer waarna ń paneel van SAPSA ń jaarlikse wenner aanwys.

Serah het ń sekretariële diploma by die destydse Tegnikon in Pretoria verwerf. Sy het baie lank by die Universiteit van Pretoria as sekretaresse by die Departement Inlingtingkunde gewerk en is later bevorder tot kantoorbestuurder van Inligtinkunde waar sy in 2015 afgetree het.

Die Rademans het twee kinders. Francois, wat met Christél getroud is, is ń siviele projekbestuurder en woon in Amsterdam, Nederland, met hul seuntjie van drie jaar.

Hul dogter, Chantel, is ń Menslike Hulpbronstrateeg wat omkeerstrategieë vir maatskappye doen.

Frik versamel miniatuur modelmotors en stel baie belang in die sakewêreld. Serah is baie musikaal en speel graag die klawerbord. Hulle stap gereeld hier in die Marina om fiks te bly en hulle hou baie van reis.

# WATERKLOOF MARINA **FUN WALK**

A FIRST / Ń EERSTE • Deur Annettte Erasmus

Die Sosiale Kommittee het ons eerste pretloop gereël, die bywoning waarvan die stoutste verwagtinge oortref het – die kommittee sê baie dankie aan almal wat die oggend daar was en ń sukses van die funksie help maak het! Hulle het beplan vir ń maksimum van 100 maar ons was oor die 200 deelnemers!

Daar was drie roetes uitgelê op ons Landgoed wat hoofsaaklik van ons groot bate – die mooi voetpaaie om die DAM – gebruik gemaak het. Die eerste roete was bedoel spesifiek vir die inwoners wie nie vryelik kan rondbeweeg nie en van rolstoele gebruik maak om oor die weg te kom. Die roete was sowat 800-meter lank en die helpers het die inwoners self verder in hul rolstoele geneem as wat ons verwag het! (baie dankie aan die helpers ook wat hulle deel gedoen het om dit vir diesulke inwoners ook lekker te maak).

Die tweede roete was sowat 1.2 km lank en het agter die hoofgebou om gegaan met die stel hout trappe as wegdraai punt – daar was mense wat hierdie roete asook die volgende een gedoen het – mooi so!!

Die laaste roete – en vir nou die langste, naamlik 1.8km – het om die dam gegaan al met die uitgelegde wandelpaaie langs, en was deur almal gestap. Ons glo die inwoners, hul kinders, klein kinders wat saamgestap het - en selfs die Landgoed se honde-"inwoners" - het dit geniet!

Ons het die "luckydraw" so net na 10vm gedoen en wil vir al die entiteite en persone, veral La Vie, wie pryse geskenk en gereël het ń BAIE groot dankie sê – julle het gehelp om die dag ń suskesvolle geleentheid te maak.

Die groot prys was aan ons oudste inwoner wie die dag daar was oorhandig deur Rencia Opperman (La Vie) – op 96 is dit inderwaarheid ń mylpaal wat gevier kan word!

Ons sien uit na die volgende pretloop – die roete is nog ń geheim!

# HANDWERK **GROEP**

NEWS / NUUS • Deur Amanda Rossouw

Op Dinsdae gons dit in die restaurantarea wanneer die Handwerkgroep dames byeenkom. Dis vrolikheid op note, jy moet kophou tussen deur die gelag en gesels. Die groep het ontstaan nadat ń paar dames die behoefte aan ń bymekaarkomgeleentheid vir Handwerkers, uitgespreek het. Indien jy dit geniet om te hekel of brei, kwilt of borduur, of enige ander handwerk van watter aard ookal, kom sluit gerus by ons aan en kuier saam. Ons doen elkeen ons eie ding, maar het ook ń paar projekte wat ons gesamentlik aanpak ten bate van CMR Lynnwood, Louis Botha Kinderhuis en Ons Rus Tehuis vir Bejaardes.

Ons neem ook hiermee die vrymoedigheid om te noem dat Estelle, maatskaplike werker van CMR, ons weer kom besoek

op DV Dinsdag 30 November, waar ons dan vir oulaas voor Kersfees, handgemaakte items aan haar gaan oorhandig.

***TEDDIEBERE***
*Hierdie word aan kindertjies gegee wat by die CMR kantore moet verwyl nadat hulle uit ongunstige omstandighede verwyder moes word.*

***WORRY WORMS***
*Help kinders met angstigheid en aandag afleibaarheid.*

***VROETELMOUE***
*Vir kinders met erge ADHD asook outisme.*

Mussies, bedsokkies, serpe, kniekomberse, handskoene of wat ook al die dames geniet om te maak.

Indien jy wil help met van die items en ń brei- of hekel patroon kort, kontak my gerus dan stuur ek dit aan.

Altough the current group consists mainly of Afrikaans speaking ladies, we invite all our English speaking friends to please come and join us, the more the merrier!
When: Every Tuesday
What time: 09h00-12h00
Where: In the restaurant area, just follow the noise...

**Navrae:**
Amanda Rossouw #191
Sel 083 289 2834
Covid prokol word gevolg.

"
We aren't doing people a huge favour by serving them - they are doing us a favour by giving us the opportunity to do so.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | | | 6 | | | |
| 7 | | | 8 | 2 | | | | |
| | | 6 | | 1 | 3 | 2 | | 7 |
| | 5 | | | 7 | | | | |
| | 3 | 8 | 6 | | | | 5 | 9 |
| 9 | | 7 | | | | | | 8 |
| | | 1 | | | | 5 | 9 | |
| | | | | 6 | | 1 | | |
| | | 3 | | 8 | 9 | | | |

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# IMPORTANT INFORMATION

DETAILS / BESONDERHEDE

## UITNODIGING

Die Redaksie nooi elke inwoner hartlik uit om jou stories en vertellings aan ons te stuur vir publikasie.
Stuur dit na jeanny@csimanagement.co.za / johannlvanderwalt@gmail.com
Indien jy sou verkies om liewer jou storie aan iemand te vertel sodat dit namens jou geskryf word, skakel Ontvangs, 1901 of 1904 en ons reël ń afspraak.

| WEEKLIKSE AKTIWITEITE | | | |
|---|---|---|---|
| DAE | TYD | AKTIWITEIT | KONTAK |
| Maandag | 09h00 | Bussie na winkels | 1901/1904 |
| | 08h00-09h00 | Pilates | Tessa: 072 747 8373 |
| Dinsdag | 09h00 | Handwerk groepie | Amanda: 0191 |
| | 17h00-18h00 | Lyndanse | Zani: 0147 |
| Woensdag | 08h00-09h00 | Pilates | Tessa: 072 747 8373 |
| | 09h00 | Bussie na winkels | 1901/1904 |
| Donderdag | 10h00 | Kerkdiens | 1901/1904 |
| | 18h00-19h00 | Lyndanse | Zani: 0147 |
| Vrydag | 07h00 | 'Let's get moving' oefengroep | Leslie: 083 471 6752 |

## BUSDIENS

- Die bussie word deeglik ontsmet voordat passasiers toegelaat word
- Maskers is verpligtend tydens die hele periode van reis en inkopies
- Persoonlike ruimte word streng toegepas

Indien jy wil saamry, skakel 1901 of 1904 vroegtydig om plek te bespreek.

Maandae: 09h00 - 11h00 (Castle Gate + Monument Spar)
Woensdae: 09h00 - 11h00 (Irene Mall + Woodlands)

| TELEPHONE NUMBERS / TELEFOON NOMMERS | | |
|---|---|---|
| EMERGENCIES / NOOD NOMMERS | | |
| Ambulance | Netcare | 082 911 |
| Fire Station | Erasmuskloof | 012 358 2205 |
| Police | Brooklyn | 012 366 1700 |
| Pharmacy | DisChem | 012 574 0485 |
| Hospital | Kloof | 012 367 4000 |
| SERVICES / DIENSTE | | |
| Frail Care | 1913 | 063 652 6602 |
| Frail Care | 1911 / 1912 | |
| Village Nurse | 1919 | |
| Security | 1932 | |
| Kitchen | 1922 | |
| Coffee Shop | 1924 | |
| Laundry | 1926 | |
| Beauty Salon | 1928 | |
| Reception | 1901 / 1904 | |
| 24/7 Maintenance | 064 629 3208 | |

# A DIFFERENTLY ABLED RESIDENT

RESIDENTS / INWONERS • Deur Robbie van Eck

I would like to introduce myself to all readers as a new resident named Robbie van Eck. I was born with congenitial deafness on 30 April 1956 from my Dutch immigrant parents residing in Braamfontein,Johannesburg. My four family members came ashore from the Dutch immigrant ship on 5 February 1954 in Cape Town. My father ran his chocolate business in Doornfontein,but he went into insolvency after embezzlement committed by his employee in 1959. My three family members and I have travelled to the Netherlands by ship along West Africa in 1958. I was diagnosed with chicken pox by the ship's doctor who forbade my whole family to go ashore there until I have recovered. My deaf brother looked after me in the darkened cabin. Then my family members and I were staying at my maternal grandmother in Amsterdam for six months. After returning home by plane my parents were divorced due to financial dispute.

On 7 April 1959 I was enrolled at Transoranje School for the Deaf in Pretoria West as a nursery school pupil just three weeks before I was 3 years old. I was going through all educational levels over 17 years and 8 months without being failed at a single school until 2 December 1976 when I matriculated with 2 distinctions in History HG and Accountancy HG. At the start and end of the school holidays I have travelled between Pretoria and Durban with Trans-Natal express trains. I have passed B.Com I in Accountancy at Unisa,but I have stopped my studies due to cataracts.

On 3 January 1977 I was appointed as an incoming returns clerk by now-defunct Volkskas Pretoria Branch with good work record straight from the start. I have had very good experience with outgoing remittances,clearances, bills and branch bookkeeping/Cash book. When Volkskas was merged with Absa in early stages in 1992 I accidentally knocked my pregnant colleague down the stairs due to poor lighting at the staircase ,but very fortunately her unborn child was unharmed. The branch manager was furious at me and he was going to dismiss me for gross negligence and misconduct with intent to grieveous bodily harm to my colleague, but the bank's CEO intervened.Then the branch manager was told not to dismiss me. My services there have honourably terminated with disabililty pension from Absa on 30 June 1993 for almost 26 years until 30 April 2019 when I was formally retired at the age of 63 years old. I am still receiving multiple annuities.

At the age of 22 years old I was diagnosed with retinitis pigmentosa in my both eyes. RP is an incurable hereditary retinal disease. In 1989 and 1990 I have undergone successful cataract operations with intra-ocular implants. Since then my vision is gradually deteriorating. My visual field and reading abilities are steadily diminishing, so I have to use my mobility cane with roller tip and assistive devices for reading. I am taking special eye vitamins to prolong my vision by 10 years. In 1987 the late professor in Ophthalmology told to me that I will go blind as my age is progressing in the later years ahead. I am also suffering from Usher's syndrome leading to deafblindness. My larger laptop/computer has been set in High Contrast with black background and larger text size to make reading easier.

In August and September 1995 I have travelled through Western Europe by bus, cross-channel hovercraft and express trains for 7 000 km. I have visited former Communist East Germany and East Berlin as some remnants of Communism were still visible such as foul-smelling and poor quality Trabant and Wartburg cars as well as Barkas minibuses that were rarely seen in the streets, but most of the infamous Berlin Wall has been already gone. I was staying at a hotel closer to Vondelpark in Amsterdam for a week and visited museums and took the canal boat trip. Its central part is still basically the same since 1958. I visited my Dutch family members who received me very warmly. My European trip has gone very well in spite of two near-accidents with a car and a tram in Amsterdam. From late September to early October 2001 I was in Auckland,New Zealand for attendance at an international Helen Keller Conference for the Deafblind. I have stayed at a suburban house overlooking the bay for 4 days and at a sheep,pig and cattle farm for three weekend days. On one Saturday afternoon at the farm I have participated with shooting practice with a bolt- action rifle with target of 25 metres with good shots in spite of my poor vision.

My own family members have passed away between May 1974 and March 2018 in Durban due to natural causes. My late deaf brother has the same hereditary condition. He was medically boarded from his job in 1991 after falling in the concrete moat and seriously injuring his leg at the hospital where he was receiving treatment for severe migraine. He went deafblind in July 2012 after his non-invasive brain surgery to have tumour removed from behind his right eye. He was at the same school along with me until December 1966 with Std.8(Grade 10).

I have worked at the non-profit organisations for the deaf and deaf aged between 1997 and 2016 as bookkeeper with clean audits.

On 21 August 2021 I have moved in at Waterkloof Marina in good health and relative safety from COVID-19 after four years at Thembalami Care Centre operated by State-aided long-established non-profit organisation for the aged after being moved over from Colonel Rowland Home in Bedfordview after merger on 21 June 2017. At end of May 2021 I have approached my life-long friend to find a very decent residence for me. In late July 2021 I was restricted to my room until further notice after three residents positive with COVID-19 were indiscriminately placed in an isolation unit very closer to my room by the management there. I was badly angered by their actions as they have put my own life and health at a greater risk. I was not allowed to travel to Pretoria for finalisation of my new residency here,so I have to appoint my friend to do everything on my behalf in absentia with e-mail communications between me and WKM from my room where I was imprisoned there. At that time all three residents have succumbed to virus and these rooms and a passage have to be sterilised. Within a few weeks I have gradually adjusted through familiarisation training. I have managed to go through the common areas and facilities with the fullest potential. On Sunday afternoons I am walking on a long pathway along the dam and marina with relative safety. I am very happy to be here with relative freedom with staying safe without being on the streets outside. I can sit down at the restaurant downstairs with independence,so I can manage to move around with relative freedom. I am empowered as a deafblind person with vision remaining.

I would like to call on all readers to be aware of my unique multiple sensory disability. The United Nations Convention on Rights of Persons with Disablities empowers all disabled persons with their rights and prohibits all forms of discrimination. I also would like to give the following safety tips to prevent accidents:-

1. Look out for me while moving around our facilities and public areas with my white mobility cane with roller cane tip moving sideways.
2. Keep clear of me while moving towards you in an opposite direction and move away from my path.
3. Give way for me when I move in front of you and look carefully at my white mobility cane otherwise you will get hurt if my cane's lower tip locks your feet and you will fall badly onto the surface.
4. Don't obstruct my path in front of you. Move backwards and then aside from me. It is my right of way.
5. When you are entering or leaving the elevator,please look carefully at me with my cane as I can't see you well. Stop and move aside from me.
6. I can't hear whether you want to speak to me.
7. Follow COVID-19 protocol by keeping safe social distancing from me.

# ADVERTENSIESPASIE

GOOD TO KNOW / GOED OM TE WEET     Waterkloof Marina Nuusbrief

- Die nuusbrief sal elke 3 maande te versprei word.
- Dit sal gratis versprei word aan alle eienaars en inwoners per e-pos.
- U kan ń advertensie plaas in die nuusbrief teen ń koste. Kontak Ontvangs gerus vir die koste.
- Voorsien u advertensies verkieslik in kleur. Kunswerk moet in .jpg formaat aan kantoor ge-epos word.
- Stuur asseblief u aansoek en kunswerk aan kantoor vir plasing - admin.waterkloof@csimanagement.co.za

Advertensies kan ook op die kennisgewingbord geplaas word teen R150 vir 30 dae. Maksimum grootte A5.
E-pos die aansoek en kunswerk na:
admin.waterkloof@csimanagement.co.za

# WOODWORKERS GROUP FORMED

NEWS / NUUS • By Paul Roberts

The **Waterkloof Marina Houtwerkers/Woodworkers Group** was created on 3 November at a meeting of some fourteen attendees. This will be an informal group for residents (men and women) who have an interest in woodwork. Initially the Group will meet monthly at the homes (garages) of members for a few hours on a Saturday morning and will deal with different topics and will include demonstrations. Paul Roberts (Convener) [181] and Willie Marneweck [118] were selected to form a Steering Group. A dedicated WhatsApp Group [WM HoutwerkersWoodworkers] has been created for communications within the Group. There are no membership fees.

Paul Roberts

WhatsApp Group Icon

Willie Marneweck

The first workshop meeting will be held on **Saturday 20 November 2021 at** [181] from **09:00 to 11:00**. The main topic for the day will be about Sharpening of Tools presented by Paul Roberts. If you wish to join the Group or attend the forthcoming event, please contact Paul (WM181; 084 515 2773; paul.roberts@worldonline.co.za ) or Willie (WM118).

# DAMON GALGUT WINS BOOKER PRIZE

NEWS / NUUS

### South Africa's Damon Galgut Wins Booker Prize for 'The Promise'

On 3 November, South Africa playwright and novelist Damon Galgut was announced the winner of the 2021 Booker Prize for his novel "The Promise". Galgut became the third South African to have won the Booker Prize, following Nadine Gordimer and JM Coetzee. André P. Brink has also been shortlisted twice for this prestigious award.

Damon Galgut is the eldest son of none other than our very own beloved resident, Daphne Stokoe (116). Daphne, we share in your joy, congratulations on your son's wonderful achievement.

"I am really profoundly, humbly grateful for this," the 57-year-old said as he accepted the pretigious award at a televised ceremony in London. He wrote his first novel at age 17.

# OFFICIAL ESTATE WHATSAPP GROUP

IMPORTANT / BELANGRIK

Dear resident,
If you have not yet joined on the Estate's OFFICIAL WhatsApp group, please report to Reception and ask the ladies to add you to your specific group. We are in future going to make use of the WhatsApp group for official communication instead of the Bulk SMS's. It is crucial that all residents/owners join as soon as possible. Thank you.

Geagte inwoner,
Indien u op die landgoed se AMPTELIKE WhatsApp-groep wil aansluit, meld asseblief by Ontvangs aan en vra vir die dames om u by u eenheid se spesifieke groep te voeg. Ons gaan voortaan van die WhatsApp-groep gebruik maak vir amptelike kommunikasie in plaas van die SMS'e. Dit is baie belangrik dat alle inwoners/eienaars so gou moontlik aansluit. Dankie.

# CRITTICAL CARE AMBULANCE SERVICE

CONTROL ROOM CONTACT DETAILS: 061 875 0307

- A 24/7 Intermediate Life Support (ILS) ambulance is stationed at Waterkloof Marina Retirement Estate.
- Critical Care will assist with all medical and trauma related injuries and accidents in the estate 24 hours a day, 7 days a week, 365 days a year.
- Oxygen and other disposable equipment will be refilled and/or exchanged in Centurion.
- In the event where the ambulance placed on the estate has to respond to an emergency call or transfer to an external location, the control room will send the next available vehicle to the estate.
- In the event where no ambulance or Response Vehicle (RV) is available and there is an emergency on the estate, CCA's control room will contact Netcare911 and send out an emergency vehicle.
- If Netcare911 does not have an emergency vehicle available, CCA's control room will call ER24.
- Critical Care Assist will claim from the patient's medical aid for the ambulance and transport of the patient. Documentation and claims submission will be handled on behalf of residents for CCA services.
- The patient (resident) will be held liable for the account in cases where there is no medical aid.  Residents are not obliged to make use of the CCA services.

| SPECIAL RATES | |
|---|---|
| EMERGENCIES | |
| Basic Life Support | R1,700 |
| Intermediate Life Support | R2,500 |
| Advanced Life Support | R4,500 |
| EFT / ELECTRONIC PAYMENTS | |
| Basic Life Support | R1,500 |
| Intermediate Life Support | R2,400 |
| Advanced Life Support | R3,900 |
| | |
| Declaration of Death Certificate | Free of charge |
| Oxygen / Nebulising | R750 |
| IV Treatment | R550 |

Kleur my in!

'N MAN loop in die park waar hy 'n vrou op 'n bank sien sit met 'n hond wat langs haar lê. Hy is baie lief vir honde en wil die hond streel, maar eers vra hy haar: "Mevrou, byt jou hond?" "Nee, my hond byt nie."

Die man vryf oor die hond se kop, maar die dier hap sy hand dat die bloed loop. Woedend skree hy vir die vrou: "Ek dog jy sê jou hond byt nie!" "Hierdie hond,'' sê die vrou koel, ''is nie my hond nie."

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## OUR PHILOSOPHY

TRANSPARENT | UNBIASED
INDEPENDENT | PROFESSIONAL

## WHAT WE DO

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B COMPT(HONS) CA(SA) MBA(UP)

DR ALICIA LUNDALL
LLB MASTER'S MENTAL HEALTH COUNSELLING Ph.D

CONTACT US ON:
0820425469
INFO@HOFLAND.CO.ZA


# DELICIOUS CHICKEN PIE

RECIPE / RESEP • By Gi-Gi Robbertze

### *Ingredients*

- 1 Chicken
- Bouquet Garni (store bought / thyme, parsley, and bay leaves)
- 1 Carrot, roughly chopped
- 1 Onion, roughly chopped
- Salt and Pepper
- 3 Whole Cloves
- 3 Wonder Pepper corns
- 125ml dry white wine
- 3 tablespoons butter
- A grate of nutmeg
- 1 tablespoon Sago, soaked in a little cold water
- 2 egg yolks
- 1½ tablespoon lemon juice
- 1 egg, beaten with a little salt
- High rise puff pastry

### *Method*

- Brown the chicken with the onion and carrot (add salt and pepper)
- Cover with water and add the bouquet garni, cloves and wonder pepper
- Boil until the chicken is soft
- Debone the chicken
- Keep 125ml of the liquid (freeze the rest or use it for a soup)
- Boil the deboned chicken, 125ml liquid, white wine, butter, sago and a grate of nutmeg until the sago is transparent
- Beat the egg yolks with the lemon juice and add to the chicken mixture
- Lower the temperature and boil until the sauce thickens and is hot throughout
- Cover with pastry and bake at 180 degrees until golden brown
- Enjoy!

# MOPANI

## PHARMACY / APTEEK

**Tel: 012 460 8989**

**(FREE DELIVERY)**

| TRADING HOURS | CLINIC SERVICES |
|---|---|
| MONDAY - FRIDAY:<br>08h30 - 18h00<br><br>SATURDAYS:<br>08h30 - 13h00<br><br>SUNDAYS &<br>PUBLIC HOLIDAYS:<br>CLOSED | BLOOD PRESSURE,<br>BLOOD GLUCOSE TESTS,<br>CHOLESTEROL TESTING<br>FAMILY PLANNING,<br>BABY CLINIC<br>VACCINATIONS,<br>IMMUNISATIONS<br>WOUND CARE<br>DISCOVERY VITALITY TEST |

Cipla

# KOMMUNIKASIEKANALE



ONS HERINNER U GRAAG DAT FOUTE EN NAVRAE OP DIE VOLGENDE WYSE GERIG OF GERAPPORTEER MOET WORD:

**HAAKLYSTE, RETENSIE ITEMS EN DRINGENDE HERSTELWERK**

Dit is belangrik om die korrekte kanaal te volg vir die effektiewe hantering van u navraag of klagte.

1. U haaklys ("snag"-lys) moet afgehandel wees teen die tyd wat u teken vir u sleutel by die ontwikkelaar. Die bemarker met wie u gewerk het tydens die aankoop van u eenheid, bestuur hierdie proses tot en met sleuteloorhandiging.

2. U retensielys is die dokument wat u opstel nadat u u sleutels ontvang het. Eienaars het 90 dae hiervoor, neem dus u tyd en voltooi die lys so volledig moontlik voordat u dit indien. Eienaars moet hul retensielyste e-pos na die ontwikkelaar by wkm.retentions@centraldev.co.za of dit inhandig by Ontvangs, waar die dames dit met graagte namens u sal stuur. Indien u dit self na die ontwikkelaar stuur per e-pos, stuur asseblief ń afskrif ("CC") aan Ontvangs op admin.waterkloof@csimanagement.co.za vir kontrole-doeleindes. Die ontwikkelaar gee direk aan eienaars terugvoer oor die tydlyne vir retensiewerk, maar indien u onseker is, kontak gerus die dames by Ontvangs, hulle help graag waar hulle kan.

3. Dringende herstelwerk in eenhede wat steeds onder retensie is – m.a.w. u 90 dae het nog nie verstryk nie - moet asseblief by Ontvangs aangemeld word, binne kantoorure sover moontlik. U kan dit in persoon doen, of per e-pos na admin.waterkloof@csimanagement.co.za, of u kan die dames skakel op x1901 en x1904. Slegs noodgevalle, nl. elektries-, loodgieters- of sekuriteitverwant - mag na-ure op die noodfoon (0646293208) aangemeld word.

4. Ons vra dat u asseblief nie die noodlyn sal skakel (veral naweke en saans) om algemene klagtes aan te meld nie. Maak ook eers seker u het krag gekoop en gelaai, alvorens u die noodlyn skakel om ń fout met elektrisiteitstoevoer aan te meld.

## VOEDSELDIENSTE

Komplimente of klagtes oor voedseldienste kan in die boek in die koffiewinkel aangeteken word. Die voedseldiensbestuurder kan gekontak word per e-pos by mhenrick@fedicsunit.co.za (Michael) om komplimente oor te dra of klagtes aan te meld, of oor bestellings, of om enige ander voedseldiensverwante aangeleentheid te bespreek insluitend medies-verwante dieetvereistes. Alles moet asseblief op skrif plaasvind. **NB: "CC" asseblief vir Jeanny via jeanny@csimanagement.co.za in alle klagtes**.

## WIFI/TELEFONE

Konsulteer asseblief u Leefstylgids asook die pamflette wat u ontvang het tydens registrasie by Ontvangs. Hou die self-diagnose dokument byderhand vir toekomstige gebruik, dit bevat waardevolle inligting vir wanneer u ń fout met die stelsel ondervind en dit self wil probeer regstel. Wanneer u egter ń fout rapporteer aan S4L, dring asseblief aan op ń verwysingsnommer. Foute kan gerapporteer word by 012 883 1800 of info@surf4life.co.za. Ontvangs kan ook help met die aanmelding van foute.

## ALGEMEEN

Indien u sien dat die reëls van die landgoed oortree word, meld dit asseblief dadelik aan by Sekuriteit (1932 / 076 881 99330) sodat die saak onmiddellik aandag kan geniet. Dit is slegs moontlik om ń probleem aan te spreek op grond van feitelike inligting (name, dag en datum) of waar die oortrededing besig is om plaas te vind. Dankie!

Indien u onseker is oor die korrekte kommunikasiekanaal, sal Ontvangs u steeds met graagte sover moontlik help, of na die regte persoon verwys.