

# THE MARINA NEWS

Edition no. 2



PHOTO BY: DAWIE JACOBS



## GELIEFDE INWONERS & EIENAARS

NEWS / NUUS • Deur Jeanny Strauss



En net so, eensklaps, het die winter aangebreek! Vars oggende en helder dae begroet ons en elke kombuis sien weer die smullekker wintergeregte waarvoor ons so lief is.

Ons Herfs-uitgawe is propvol brokkies oor die mense en gebeure by ons pragtige landgoed en bied interessante insigte oor komitee-aktiwiteite. Daar is besluit om die nuusbrief voortaan slegs in elektroniese formaat te versprei. U sal dit per e-pos sowel as op u foon ontvang as u op die amptelike WhatsApp-groep is. U kan steeds die dokument in harde formaat by Ontvangs laat druk teen 'n minimale fooi, indien u dit verkies.

Ons kry gereeld vrae oor die omvang van dienste wat aan Waterkloof Marina inwoners gebied word en mense wonder wat "agter die skerms" gebeur. Daarom het ons besluit om in hierdie uitgawe vir u 'n vinnige oorsig te gee van hoe 'n tipiese maand by Waterkloof Marina lyk, in terme van volumes.

Ons haarsalon verskaf nagenoeg 300 dienste per maand aan inwoners, die skoonheidssalon 210 en die wassery sowat 110. Voedseldienste het die

afgelope maand (April) ongeveer 3800 restaurantmaaltye voorberei, die koffiewinkel uitgesluit.

Versorgingsdienste het die afgelope maand 83 gesondheidsevaluasies gedoen en 60 kliniekdienste aan inwoners gelewer (bloeddruk, bloedsuiker, ens.). Tussen die sorgsentrum en sekuriteitsdienste is daar op 61 paniekalarms gereageer en sekuriteit het ongeveer 30 voorvalle ondersoek. Byna 11 900 voertuie en 2 000 voetgangers het deur die veiligheidshek ingekom. Ontvangs het 886 oproepe ontvang, 553 kliënte by die toonbank bygestaan, 649 e-posse ontvang en 825 gestuur. Ons Fasiliteitsbestuurder en sy assistent het 96 besoeke aan eenhede gebring en nog 175 navrae hanteer

As 'n span streef ons daarna om net die beste diens aan ons inwoners te lewer en in die proses het ons ook die voorreg om talle unieke, interessante mense te leer ken. As diensspan bedank ons u vir elke glimlag, kompliment en vriendelike woord. U is almal vir ons kosbaar!

Ek sluit af deur 'n belangrike huldeblyk te bring. Die meeste van ons inwoners

ons inwoners is een. Almal van ons het een. Ons ken hulle goed... hulle is die beeldhouers, die pottebakkers, die skilders van ons karakters. Hulle is sagtheid en lag, blomme en kleur. Hulle is 'n trooswoord vir 'n seer hart, bemoediging tydens 'n teleurstelling. Hulle is die onsigbare band wat gesinne bind en wat lewenslank vervleg bly met ons denke en eie opvoedingstaak. U kan seker raai van wie ons hier praat? Ons bring hierdie maand spesiaal hulde aan al die MOEDERS van Waterkloof Marina! Aan ons moeders, oumas, susters en dogters; aan elke moeder wat 'n spoor gelaat het in ons gemeenskap - dankie vir al u liefde, opofferings en wysheid.

Ons wens u 'n gelukkige Moedersmaand toe.



WATERKLOOF MARINA  
AFTREELANDGOED • RETIREMENT ESTATE

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# BELOVED RESIDENTS AND OWNERS

NEWS / NUUS • By Jeanny Strauss

And just like that, suddenly, winter has arrived! Fresh mornings and bright days greet us and every kitchen is filled with those delicious winter dishes we love so much.

Our Fall issue is packed with snippets about the people and events at our beautiful estate and offers interesting insights on committee activities. A decision was made to henceforth distribute the newsletter in electronic format only. You will receive it by email as well as on your phone if you are on the official WhatsApp group. You can still have the document printed in hard format at Reception at a small fee, should you wish.

We often receive questions about the extent of services offered to Waterkloof Marina residents and people wonder what happens "behind the scenes". Therefore, in this issue we decided to give you a quick overview of what a typical month at Waterkloof Marina looks like, in terms of volumes.

Our hair salon provides nearly 300 services per month to residents, the beauty salon 210 and the laundry about 110. Food services prepared around 3800 restaurant meals in the past month (April), excluding the coffee shop. Care services conducted 83 health evaluations in the past month and provided 60 clinic services to residents (blood pressure, blood sugar, etc.). Between the care center and security services, 61 panic alarms were responded to and security

investigated approximately 30 incidents. Nearly 11,900 vehicles and 2,000 pedestrians entered through the security gate. Reception received 886 calls, assisted 553 customers at the counter, received 649 emails and sent 825. Our Facilities Manager and his assistant made 96 visits to units and handled another 175 inquiries.

As a team we strive to provide only the best service to our residents and in the process we also have the privilege of getting to know many unique, interesting people. As a service team, we thank you for every smile, compliment and kind word. You are all precious to us!

I conclude by bringing an important tribute. Most of our residents are one. All of us have one. We know them well... they are the sculptors, the potters, the painters of our characters. They are softness and laughter, flowers and color. They are a word of comfort for a sore heart, encouragement during a disappointment. They are the invisible bond that binds families and remains intertwined with our thinking and formative responsibilities for life. You can probably guess who we are talking about? This month we pay special tribute to all the MOTHERS of Waterkloof Marina! To our mothers, grandmothers, sisters and daughters; to every mother who has left her mark on our community - thank you for all your love, sacrifices and wisdom. We wish you a happy Mother's Month.

## Get in Touch

- Email: [admin.waterkloof@csimanagement.co.za](mailto:admin.waterkloof@csimanagement.co.za)
- Reception Tel: 012 883 1900/01/04
- Address: 296 Orion Avenue, Waterkloof Ridge, 0181

# BOODSKAP VAN DIE ONDER-VOORSITTER

IMPORTANT / BELANGRIK • Deur Paul du Plessis

Ek en Louise besef elke dag hoe bevoorreg ons is om in Waterkloof Marina te kan woon. Die omgewing, geriewe en veral die mede-inwoners dra almal by om hierdie voorreg te verwesenlik.

In die bykans twee jaar wat ons reeds hier woon het ons ware vriende gemaak en ook weer gesien dat 'n gemeenskap kan saamwerk en omgee vir mekaar; iets wat verlore gegaan het in gewone woonbuurte omdat mense mekaar nie ken nie. Hierdie is 'n eienskap wat ons almal saam moet koester en uitbou in die toekoms.

Die bestaande wonings en algemene areas op die landgoed is laat verlede jaar oorgedra aan die huiseienaarsvereniging – dit wil sê: onself. Daarom is dit belangrik om te besef dat daar nie 'n ons en 'n hulle situasie bestaan nie maar slegs 'n ons situasie. Dit bring dus mee dat elke inwoner ingesteld moet wees om saam met CSI, pm ons bestuursmaatskappy met Jeanny as ons bestuurshoof en ons as bestuur, die landgoed beter en beter te maak – dit is tog immers ons almal se belegging.

Daarom waardeer ek dit so baie dat meeste inwoners, wanneer probleme gerapporteer word, ook met positiewe oplossings kom en nie net gedurig kla nie. Onthou dat alle probleme deur Jeanny se kantoor of ontvangs moet gaan, verkieslik op skrif. Volg ook asseblief self jou probleem op

indien daar volgens jou nie aandag gegee word aan die probleem nie. Neem asseblief aktief deel en spreek uitdagings aan: dinge verbeter wanneer positiewe mense saam energie toedeel aan die oplossing van daardie uitdagings.

Reëls en regulasies is nodig om 'n landgoed te bestuur en aangenaam te maak om in te woon vir al die inwoners. Dit is ongelukkig ook die oorsaak van baie ongelukkigheid en wrywing tussen inwoners en ook inwoners en bestuur. Ons moet probeer om alle ander inwoners in ag te neem met ons optrede. Die toepassing van die reëls deur die sekuriteitspersoneel en bestuur van die landgoed is nooit aangenaam nie en veroorsaak ongewildheid. Ons as bestuur is egter gekies om 'n taak (sonder vergoeding) na die beste van ons vermoë te verrig en nie om altyd gewild te wees nie.

Aan die positiewe kant: Dit het my verstom om te sien hoeveel vaardigheid en kennis in hierdie landgoed woon. Ek dink dit is uitsonderlik en 'n geweldige bate vir ons almal. Ook die bereidwilligheid van inwoners om op soveel maniere bydraes te maak beïndruk 'n mens – of dit nou is om vrywillig op komitees te dien of net uit eie vrye wil te help met die wye verskeidenheid aktiwiteite op ons landgoed.

Ek wens julle almal gesondheid, vrede en vreugde toe.

## VALENTYNSDAG

NEWS / NUUS • Deur Caylin Chapman

Op Saterdagand die 12de Februarie het amper 200 romantiese siele met hul verversings en groot verwagting ons eie Gemeenskapsaal letterlik rooi geverf met hul uitrustings en tafelversierings by die Valentynskonsert.

Die Gemeenskapsaal was van hoek tot kant met die mooiste versierings opgemaak. Gaste is deur die Sosiale Komitee in rooi verwelkom. Hoe rooier, hoe mooier. Die inwoners het

gedans, gesing en hulself geniet met tydlose liedere soos "Love changes everything, You're always on my mind" wat opgevoer was deur die orkes van Phillip Kotze, Pieter de Beer en Annien le Roux.

*"Take my hand, take my whole life too. For I can't help falling in love with you."* – Elvis Presley



# ESSENTIAL SERVICES

NEWS / NUUS • Deur Pine Pienaar

*Something for the committee and residents to consider.....*a Residential Security Forum (RSF)

It is very useful to have a regular forum, or meeting opportunity for residents, to discuss any security problems, issues relating to access control, specific unfortunate incidents, new crime statistics and information on active syndicates in your area, or simply to have a conversation with the operations team of the security guards, to ensure that the security of the estate remains of a high quality and to promote the relations between residents and the security personnel. These forum notes can also be distributed to all residents to ensure effective internal communication.

It is best to keep in mind that no security measures, procedures, or technology can replace the vigilant and observant actions of all residents, maintenance staff and security personnel.

Maintaining authentic relationships, both internal and external, makes for a blissful estate and will go a long way to protect the harmony of the residents and all staff operating within the estate. Safety and security remain an act of cooperation.

**Watch this space!**

## MARINA BE ALERT DRIVE

IMPORTANT / BELANGRIK • By Freda Scott

### PERSONAL SAFETY

Issues surrounding personal safety are not a new concept. However, it seems that now, more than ever, society is required to reconsider what personal safety measures are to be taken every single day, even when completing what were once ordinary tasks like traveling, working, or just going out in public. With so many people begging the question, "what can I do to stay safe, not just from the coronavirus, but while moving about in our day-to-day lives, as well?" According to the police, criminals tend to target people who do not seem to be paying attention to their surroundings.

### HOW TO BECOME A VICTIM

Saying "it won't happen to me" is not an acceptable defence strategy. Nowadays, people around the world are completely unaware of their surroundings.

- Due to digital technology and the obsession with their phones, most people are so busy with their favourite social media applications that they do not notice the signs of an imminent attack against them or their families. Who cares if anyone is following you?
- Visiting places with high crime potential.
- Keeping your door unlocked or car windows rolled down.
- Leaving your valuables and/or showing off expensive jewellery in plain sight of criminals roaming the streets.
- Stopping too close to the car in front of you which essentially means they "parked themselves in" leaving no room for escape.

### SITUATIONAL & SELF AWARENESS

Situational awareness is typically defined as having an accurate perception of one's surroundings, with the capacity to understand and appropriately respond to threats to one's personal safety. Possessing situational awareness allows an individual the ability to make sound decisions and take appropriate actions during an emergency event. While the current climate requires social distancing, which creates space, it also is a time of high tensions and uncommon behaviours.

## ASSESS YOUR SURROUNDINGS

By simply looking around and taking into account the type of situation you are in, you will be better prepared to recognise and react to threats. Have a plan ready for things that seem 'out of place'. Be prepared to take detours to avoid situations if needed and be mindful of your 'gut feelings'. If a situation feels threatening, take heed and leave or seek assistance. When in public, always think ahead and have an escape route available. Avoid getting into elevators in public buildings or in malls that are isolated.

## LOOKING FOR THINGS OUT OF PLACE

You don't want to be paranoid, and you can't constantly be looking over your shoulder or actively looking for threats. But here is what you can do: try to see or listen for things that are out of place, an interruption in the normal pattern. Some obvious ones are sirens, alarms, and gunshots.

Look for people dressed for cold weather when it's warm, happy people when others are sad, or folks alone when in an area full of families. Keep these people in your field of vision and be ready to act on what you've observed. Some less obvious things that are out of place are the sounds of footsteps running towards you, or a group of people in a car all looking in your direction. The sooner you are aware of things that are out of place, the quicker you can recognize a potential threat, which gives you more time to take action to ensure your personal safety in public.

## HOW NOT TO BECOME A TARGET

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill." - Sun-Tsu

Remember, self-defence is 90% non-physical and 10% physical. Self-defence starts by being situational and self-awareness. It starts with avoidance due to practical planning, ahead of an actual attack.

Here are some examples in which situational awareness can provide you with the powerful tools you need for your personal safety arsenal:

- Avoiding distractions like phones.
- Avoid dangerous areas or locations.
- Driving defensively always leave room to escape if required.
- Do not follow the same route or routine every day. Criminals use your patterns to plan their attack against you.
- Walk or ride with a friend or group of friends where there is a likelihood of an attack against you.
- Check if anyone is following you.
- Keep your windows and doors locked at intersections.
- Don't keep valuables on your seats while driving.
- Don't advertise your expensive jewellery when out in public, you will get robbed.
- Always be aware of your environment and who is around you.
- Do not leave your wallet or mobile phone on the table in a restaurant.
- Don't use elevators in isolated areas of public malls or buildings.
- Park your car close to the mall or areas that have security and well-lighted areas.
- Look for things out of place. People dressed for winter on warm days.
- Always position yourself where you can see as much as possible of your surroundings.
- Consider basic defence training and defence devices. Remember escaping from a dangerous situation safely is more important than fighting and getting hurt by hardened criminals.

The background of this team effort is Johan de Beer, with years of experience in self-defence, together with Freda Scott, both residing at 54 Waterkloof Marina, assisted by our Club Founder Angus De Jager. Our team will be happy to do a demonstration for residents of Waterkloof Marina Estate on self-defence techniques. Should you be interested, kindly provide your name to Reception.

# WHO ARE PETER & AMANDA BELLEW

RESIDENTS / INWONERS • By Peter & Amanda Bellew

Peter and Amanda Bellew, who live in Unit 119, both grew up in Parys in the Free State. While Amanda completed her school career at Parys Hoërskool, Peter attended high school in the then Pietersburg at the College of the Little Flower, a Catholic school run by the Brothers of Charity.

Peter and Amanda met at the Badminton Club in Parys in 1971, where they also became the mixed champions. Amanda was also the single and ladies' double champion. They married in 1974.

Peter qualified as a factory engineer and achieved the Mechanical Engineers Certificate of Competency. He worked for a leading manufacturer of nuts, bolts, and coal picks on the East Rand. He was the Manufacturing Director and his job required him to travel extensively throughout the East, Europe, and the United States. He retired in 2009. Peter keeps himself busy with golf, walking his children's dogs and spending time with the grandchildren.

Amanda worked at a general surgeon's practice in Boksburg and where she retired as practice manager in 2009. She has, however, decided that she is not ready to retire and works for a radiology practice at a hospital in Centurion, where she is responsible for billing. In her free time, she likes to read and keep busy with all the tasks at home.

The Bellews have two sons. Boyne is a specialist anaesthetist in London and is married to Niloufar, who is also a doctor. They have two children, Kian and Artemis, with a third on the way. The Bellews' other son is Neil, a radiologist in Pretoria. He is married to Kate, who is a speech and hearing therapist, and they have three children, Callan, Paige, and James.

The Bellews first moved to Uvongo to retire, but later decided to move to Pretoria and settled at the Marina.



# WIE IS DIE PIENAARS

RESIDENTS / INWONERS • Deur die Pienaars



Hannalie en Pine Pienaar (Eenheid 186) het in September 2021 ingetrek by die Waterkloof Marina nadat hulle 26 jaar in Secunda gewoon het. Voor Secunda was hulle in Durban vir 5 jaar en in Sasolburg.

Hannalie is 'n Koppies, Vrystaat, plaasmeisie wat daar gebore en geskool is en na matriek in 1971

is sy na Kopsies om haar BMus te gaan voltooi. Na Universiteit het sy in Bultfontein begin skoolhou, later na Sasolburg Hoërskool, Roodepoort Hoërskool, Yellowwood Park Laerskool en, toe hulle Secunda toe getrek het in 1995, het sy besluit om net privaat musieklesse van die huis af te gee. Hannalie was ook orreliste in verskeie gemeentes oor die jare en baie betrokke by die Eisteddfod in veral Secunda. Sy het ook verskeie kore afgerig van skoolvlak, maar ook volwasse kore in Sasolburg en Secunda.

Hannalie en Pine is in 1987 in Sasolburg getroud en het twee kinders. Cobus is in Kaapstad betrokke by Capitec as rekenaarprogrameerder en Ilze bly hier naby in Wingate, so oupa en ouma sien hul enigste kleinkind, Daniël, nou baie gereeld.

Pine is 'n boorling van Klerksdorp in die ou Wes-Transvaal en het in 1971 by Klerksdorp Hoërskool matriekuleer. Na skool het

hy by die Pretoria Brandweer aangesluit as leerling-brandweerman en vinnig deur die range gevorder. Pine was die eerste offisier wat in 1976 na Wonderboom Lughawe gestuur is om daar die brandweer vir die lughawe te begin. In 1978 is Pine aangestel as Adjunkhoof by Klerksdorp Brandweer, maar in 1981, na die kleefmynaanvalle op Sasol Een en Natref Raffinadery, is hy aangestel as Brandweerhoof van Sasol Een. Na 35 jaar in die petrochemiese noodbestuurgewing, het hy in November 2016 besluit om af te tree as Senior Bestuurder: Nooddienste vir Sasol Secunda.

Pine het reeds in 2012 vir hulle 'n aftreehuis laat bou by die Eldoraigie Aftreelandgoed (selfde ontwikkelaars), en in 2016 het hulle besluit om die huis eers te verkoop, maar in Februarie 2021 het Waterkloof Marina Landgoed se bemarking net nie opgehou om hulle te jaag nie en het hulle toe Eenheid 186 gekoop - hulle het in September 2021 ingetrek, maar is baie bly om deel te wees van die Marina gemeenskap.

Pine is tans die koördineerder vir die Waterkloof Marina Landgoed se gholfgroep en nooi alle gholfers uit om hom te kontak om saam met die groep te kom speel - die groep probeer om weekliks Dinsdae by Waterkloof Golfklub te speel. Tans is daar alreeds 14 spelers op die groep. Kontak Pine asb by 082 902 1990 as jy will deel word van die groep!

# VOLMAAN BRAAI

NEWS / NUUS • Deur Caylin Chapman

Waar daar 'n rokie trek, is daar 'n vuurtjie.

Suid-Afrika het sy vele tradisies. Rugby, koeksisters, beskuit, melktert en natuurlik **BRAAI!**

Alle Suid-Afrikaners kan saamstem dat wanneer jy die reuk van 'n braaivleisvuurtjie ruik, kan jy net eenvoudig nie die idee om te wil BRAAI vermy nie.

Op 26 Maart het inwoners met koelbokse in een hand en braaigereedskap in die ander almal by die Historiese Gebou bymekaar gekom. Die aand was gevul met lekker braaivleis, bygeregte, musiek en heerlike geselskap. Huidige inwoners het 'n kans gehad om alle nuwe inwoners by ons pragtige landgoed te kon verwelkom.

Daar is 'n verskeidenheid van braaimetodes nl. Braai oor oop kole, ketelbraai, spitbraai, skottelbraai en gasbraai. Maak nie saak watter metode ons gebruik nie, **braai sal ons braai!**



## 1 Who is La Vie Care and how do they fit in at Waterkloof Marina Retirement Estate?

La Vie Care is a private group that operates healthcare centers. We have 7 Care Centers in Gauteng where our professional world-class team focusses on Frail Care, Dementia Care, Assisted Living (in the privacy of your own home) and Rehabilitation.

## 2 Aan watter Departement doen u verslag?

Die Sorgsentrum val onder die toesig van Departement Welsyn, maar Departement Gesondheid, asook Tshwane se gesondheidsafdeling doen inspeksies by ons. Ons is tans nog in die registrasie proses.

## 3 Does the Care Center take in people from 'outside' and what happens when the Care Center is full, and I need a bed?

Yes, we take people from the outside, but our own Waterkloof Marina residents always get absolute preference. If the Care Center does not have a bed available immediately, La Vie Care will take care of you in your own living unit at a 10% discounted rate.

## 4 Hoeveel inwoners kan die Sorg en Demensiesentrums akkommodeer?

Daar is 14 privaatkamers met hul eie badkamers, een dubbelkamer met sy eie badkamer en 15 x 2-bed deekamers met deel badkamergeriewe. Dus 46 inwoners in totaal.

## 5 What documentation do you need from me for La Vie's records?

(1) Identity document (ID), (2) Medical Aid details, (3) Current prescription for medication, (4) Personal information, (5) Information of next of kin / children, (6) Living Will - if you have one, (7) Recent photograph of yourself

## 6 Word die Sorgsentrum se koste betaal deur die mediese fondse?

Nee, 'n Sorgsentrum het geen mediese praktyknommer nie. Ons doen slegs **VERSORGING** van 'n inwoner (bedwas / voer / basiese higiëne) vir solank die sorg benodig word.

## 7 What is the emergency contact numbers for the Care Center?

Care Center - Sister's Service Station	#1911/6
Cell phone number:	066 459 8104
Dementia Division - Service Station	#1912/7
Cell phone number:	072 590 7749
Estate Nursing Office	#1919
Cell phone number:	063 652 6602
La Vie Care Main reception (Thea)	#1913
Manager (Rencia Opperman)	#1914

## 8 Is daar 'n dokter 24/7 beskikbaar?

Nee, Dr. Annerie Boshoff (deel van die LVC Groep) is op afspraak beskikbaar op die volgende dae: Maandae, Dinsdae en Woensdae slegs na 17h00, Donderdag en Vrydag heeldag.  
Haar kontaknommer is: 081 394 4491  
Vir noodgevalle moet u 'n ambulans kontak (bv. gebreekte heup / beroerte)



# MEET OUR COMMITTEE MEMBERS

NEWS / NUUS • Waterkloof Marina

## FINANCE / FINANSIES

Thys du Preez  
Ivan Holden  
Schalk Kruger  
Cheryl Hurrel



## LIFESTYLE / LEEFSTYL (HEALTH/GESONDHEID)

Vivienne Briers  
Helmien Lippert  
Michael Lippert



## LIFESTYLE / LEEFSTYL (DINING/EET)

Paul Janse van Rensburg  
Tina Stoffberg  
Pat Jacobs



## SOCIAL / SOSIAAL

Annette Erasmus  
Ruanda Gildenhuis  
André Theron  
Betty Steyn  
Gill Udal

Mara Doherty  
Pat Jacobs  
Pieter Liebenberg



## COMMUNICATION / KOMMUNIKASIE

Johann van der Walt  
Anton van Velden  
Gigi Robbertze  
Gill Udal



## ESSENTIAL SERVICES / NOODSAAKLIKE DIENSTE

Pine Pienaar  
Chris Gildenhuis  
Freda Scott  
Fred Nel  
Sarel Esterhuizen



## INFRASTRUCTURE / INFRASTRUKTUUR

Rob Anderson  
Robbie Jones  
Lawrie Marshall



## 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  
Vincent Taylor





**Jaco Wessels**  
optometrists

**28** IN OPTOMETRY  
**YEARS OF EXPERIENCE**

## ABOUT US

YOUR VISION IS OUR PASSION, THAT IS WHY WE USE ONLY THE BEST SUPPLIERS AND PRODUCTS FOR QUALITY ASSURANCE.

WE VALUE OUR PATIENTS AND WE PERSONALISE OUR PRODUCTS AND SERVICES ACCORDING TO THEIR NEEDS. WE ARE ALSO PASSIONATE ABOUT PEOPLE, INSPIRING US TO HAVE OUR PATIENTS WALK OUT BEING MORE THAN SATISFIED WITH OUR SERVICES AND PRODUCTS. WE PRIDE OURSELVES IN THE WORK WE DO AND THE SATISFACTION OF OUR PATIENTS.

OUR HIGHLY SKILLED AND KNOWLEDGEABLE TEAM IS ALWAYS HERE TO ASSIST YOU WITH ANY QUERIES OR QUESTIONS YOU MAY HAVE. WE STRIVE TOWARDS GROWTH, CONSTANTLY INCREASING IN KNOWLEDGE AND UNDERSTANDING ABOUT THE OPTICAL INDUSTRY.

## LOCATION

**10 MINUTE DRIVE FROM WATERKLOOF MARINA**

SHOP 21, THE PARK SHOPPING CENTRE,  
570 BARNARD STREET, ELARDUSPARK,  
PRETORIA EAST, 0181

SEND US A WHATSAPP OR CALL US ON  
CELL: 083 647 3342  
TEL: 012 345 5678

SEND US AN EMAIL AT:  
JAC0104@TELKOMSA.NET

VISIT OUR WEBSITE:  
[WWW.JWOPTOMETRISTS.CO.ZA](http://WWW.JWOPTOMETRISTS.CO.ZA)

JACO WESSELS OPTOMETRISTS INC.



## CUSTOMER REVIEWS

### AMANDA STEARS

"EXCELLENT SERVICE! THIS IS THE FIRST TIME THAT I HAD MY EYES TESTED AND WALKED OUT WITH GLASSES THAT ALLOW PERFECT VISION ON THE COMPUTER AND READING. VERY FRIENDLY SERVICE AND HIGHLY RECOMMENDED."

### PASCAL BIANCONI

"GREAT SERVICE, VERY THOROUGH EXAMINATION, PERTINENT ADVICE AND A VERY PLEASANT PROFESSIONAL ATTITUDE."

### LYNETTE VAN DEN HEEVER

"EXCELLENT OPTOMETRIST THAT GOES THE EXTRA MILE. VERY THOROUGH AND FRIENDLY. WOULD RECOMMEND JACO WESSELS ANY TIME."

### KARA LOMBARD

"INCREDIBLY FRIENDLY STAFF :) I WENT IN FOR A REPAIR ON MY SUNGLASSES. ABSOLUTELY GREAT SERVICE. IT ONLY TOOK 5 MINS. I WAS HELPED IMMEDIATELY. VERY IMPRESSED AND WILL HIGHLY RECOMMEND THEM."

### ESTELLE VAN ECK

"HAD MY APPOINTMENT WITH MR. WESSELS AND SAY THANK YOU EVERYDAY. FRIENDLY EFFICIENT STAFF AND I BELIEVE HE IS ONE OF THE BEST OPTOMETRISTS AVAILABLE, ESPECIALLY IF YOU NEED MULTIFOCAL. HIGHLY RECOMMEND AND WILL GO BACK ANYTIME."

### CORNELIUS DU PREEZ

"JACO EN SY UITERS PROFFESIONELE SPAN, HET MY SKOONPA MNR JS VAN STADEN SE OË TOETSE EN SY BRIL TOT MY GROOT VEBASING EN BEWONDERING VIR SY 100STE VERJAARSDAG, GRATIS GEDDOEN. DIT IS MIN DAT N MENS N FIRMA SAL VIND WAT NOG SO BAIE OMGEE VIR DIE GEMEENSAP EN VERAL VIR DIE OUMENSE. EK SAL VIR JACO EN SY SPAN ALTYD HOOGS AANBEVEEL. OOM KOBUS SE WOORDE WAS " DIT IS DIE GROOTSTE GESKENK WAT EK NOG ONTVANG HET."

U3A [the University of the 3rd Age] PRETORIA is part of an international organisation for senior citizens, founded 50 years ago in France. Our branch dates back to 2002, and currently has more than 500 English and Afrikaans speaking members. There were 30 U3As in South Africa in 2021. A list of branches is on our website. <http://u3apretoria.org.za>



The word 'University' is used in the sense of collaborative learning; no exams are written nor marks awarded. Members meet regularly to share common educational and social pleasures through lectures, courses, interest groups on a wide variety of topics. Excursions are a very popular regular part of our calendar.

Most U3As have been dormant during lockdown, however our branch has a busy programme of activities planned for 2022. Details of these can be found on the website. At this stage face-to-face meetings are restricted to fully vaccinated members who pay a yearly subscription of R100, but we also offer members who for any reason cannot attend actual gatherings a full programme of on-line activities, regular informative newsletters and links to other U3As, for which there is no fee.

Quarterly meetings with excellent guest speakers are held on the last Thursdays of February, May, July and October. These take place at the NG Kerk Skuilkraans in Lydiana near the Botanical Gardens and refreshments are offered in the garden after the meeting. Our sister group, Tuesday Forum, which celebrates its 50th anniversary in 2022, presents monthly lectures on the first Tuesday of each month at the same venue. For further information about membership and this year's programme please email [tuesdayforumpretoria@gmail.com](mailto:tuesdayforumpretoria@gmail.com)

U3A Interest Groups include History, Music, Art, Mahjong, Origami, Afrikaanse Poësie, Photography, Armchair Travel, Circle Dancing, a Laughter Social Club, English Poetry, Poetry, Economics and Environmental Affairs.

These meetings usually take place once a month at a variety of venues and a fee of R20 is charged for tea and incidental expenses. The walking group meets weekly at different parks and gardens.

Courses are held in private homes for smaller groups and on average continue once a week for 3 or 4 weeks with a presenter sharing his or her particular area of expertise on a specific subject. We are always looking for volunteers who are prepared to present courses in Afrikaans!

Excursions take place 6 or 7 times a year by bus to places of interest outside Pretoria. We will be visiting Joburg Ballet for a matinee performance of their new production, *Encore* on 30 March, the Russian Orthodox Church in Midrand on 26 April, and a group outing on the Joburg Green and Red City Sightseeing Bus with a tour of Constitution Hill sometime in May. The highlight of most outings is a shared light meal where members can get to know each other in a relaxed sociable environment.

*If you would like to be placed on our mailing list please send an email to [info@u3apretoria.org.za](mailto:info@u3apretoria.org.za) or to [info@u3apretoria@gmail.com](mailto:info@u3apretoria@gmail.com)*

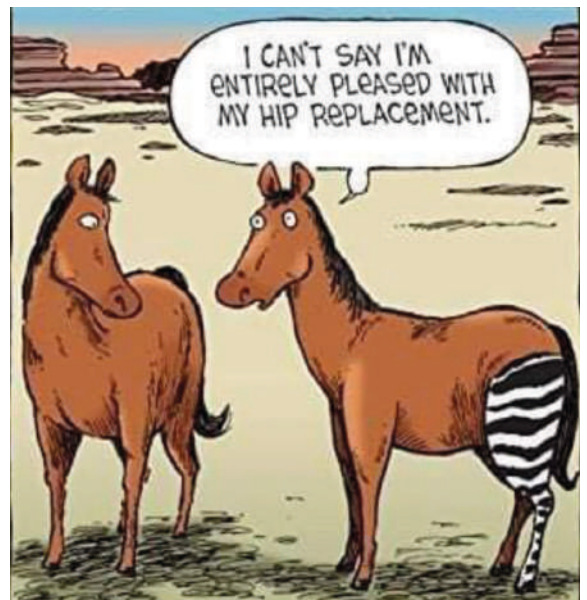
Find the ten differences between the two pictures.



5	3			7				
6			1	9	5			
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4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Verduidelik gou...

Hoekom word daar altyd gesê: "Ag moeder" vir iets oulik...  
Maar "Ag vader" as daar iets verkeerd is...



## Donna Hay's Lemon Chicken Sandwiches

- 12 Slices of white bread
- Butter for spreading
- 2 Cooked chicken breasts, skinned and chopped
- 170ml Mayonnaise, plus extra for spreading
- 2 tbsp Lemon juice
- 2 tbsp Chopped basil leaves
- 2 tbsp Shredded mint leaves
- Salt + pepper
- 6 tbsp Finely chopped chives



Spread butter on one side of the bread.

Combine the chicken, mayonnaise, lemon juice, basil and mint, and season with salt and pepper.

Divide between half the bread slices and top with the remaining bread.

Cut into small triangles and spread one edge with the remaining mayonnaise.

Press one side into the chives and serve.



"Marriage is nothing less than a blessing from God."

Robert: Age 35



## ADVERTENSIESPASIE

GOOD TO KNOW / GOED OM TE WEET • Waterkloof Marina Nuusbrief

- Ons beoog om die nuusbrief vier maal per jaar te versprei.
- Dit sal gratis versprei word aan alle eienaars en inwoners per e-pos en WhatsApp.
- U kan 1 advertensie plaas in die nuusbrief teen 1 koste. Kontak Ontvangs gerus vir die koste.
- Voorsien u advertensies verkieslik in kleur. Kunstwerk moet in .jpg formaat aan kantoor ge-epos word.
- Stuur asseblief u aansoek en kunstwerk aan kantoor vir plasing - [admin.waterkloof@csimanagement.co.za](mailto:admin.waterkloof@csimanagement.co.za)

Advertensies kan ook op die kennisgewingborde geplaas word by ontvangs en hysbakke, teen R150 vir 30 dae. Maksimum grootte A4.

E-pos die aansoek en kunstwerk na:

[admin.waterkloof@csimanagement.co.za](mailto:admin.waterkloof@csimanagement.co.za)

## KOMMUNIKASIEKANALE

GOOD TO KNOW / GOED OM TE WEET

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](mailto: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 'n afskrif ("CC") aan Ontvangs op [admin.waterkloof@csimanagement.co.za](mailto:admin.waterkloof@csimanagement.co.za) vir kontrole-doeleindes. Die ontwikkelaar gee direk aan eienaars terugvoer oor die tydlyn 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](mailto: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 te lê nie. Maak ook eers seker u het krag gekoop en gelaai, alvorens u die noodlyn skakel om 'n 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 in persoon, of per e-pos by [sboshoff@tsebo.com](mailto:sboshoff@tsebo.com) (Susan) 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.

## 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 'n fout met die stelsel ondervind en dit self wil probeer regstel. Wanneer u egter 'n fout rapporteer aan S4L, dring asseblief aan op 'n verwysingsnommer. Foute kan gerapporteer word by 012 883 1800 of [info@surf4life.co.za](mailto: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 9933) sodat die saak onmiddellik aandag kan geniet. Dit is slegs moontlik om 'n 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.

## BEWYS VAN WOONADRES

NUUT

Ontvangs sal u help met 'n bewys van woonadres. Bring asseblief u ID dokument saam.

## INWONERS WAT TREK

NUUT

NB! INWONERS MOET DIE ONTVANGS ASSEBLIEF IN KENNIS STEL WANNEER HULLE UIT DIE OORD WEGTREK OF VERHUIS NA 'N ANDER EENHEID.

# 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.

## CRITICAL 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

# TUINE & HUISHOUDING KOMMITEE

NEWS / NUUS • Deur Len Eicker

Ons is dankbaar vir die baie reën wat ons tot datum hierdie somer gekry het. Dit het baie van ons nuwe aanplantings groot hupstoot gegee en meeste plante is nou mooi gevestig. Wat ongelukkig daarmee saamgaan is die aanwas van onkruid wat net so geil gegroei het. Dit het veroorsaak dat Servest (die tuindienstekontrakteur) met tye nie kon voorbly met die uitroei daarvan nie. Hulle het in die afgelope tyd addisionele werkers ingebring en ons kan berig dat dit lyk of hulle darem baie van die onkruid en sekere indringerplante reeds kon uitroei. Hulle het, ondanks hierdie poging, nog steeds baie werk om te doen aangesien ons nog 'n nuwe ontwikkeling is en die onkruid in baie gevalle saam met die "mulch" wat in die Landgoed ingebring word, inkom en dan ontkiem. Dit moet dan onder beheer gebring en uitgeroei word.

Ons is ook bly dat die reën meeste van ons openbare gebiede se grasperke ook mooi laat toegroei het. Ons beplan om binne die afsienbare toekoms bemesting te gooi sodat die plante en grasperke sterk genoeg wortelstelsels het om die winter wat voorlê te oorleef.

Ons is ook dankbaar vir 'n skenking van sowat 40 klein boompies wat reeds op die Landgoed aangekom het. Ons sal mettertyd meer inligting deel met betrekking tot die plant van die boompies. Ons glo hierdie skenking sal bydra tot die verdere verfraaiing van ons Landgoed.

Laastens, ons as komitee is voortdurend besig om die dienslewingsvlakke van Servest te monitor om sodoende te poog om die tuine en gemeenskaplike bates van ons Landgoed so aantreklik en so goed as moontlik te onderhou, tot almal se voordeel en tot ons plesier. Ons as inwoners het wel nie 'n kontraktuele verhouding met Servest nie, maar ons, as eienaars en inwoners, het 'n groot belang by die ordelike bestuur van ons bate -- in hierdie geval ons gemeenskaplike tuine. Ons beroep op elke eenaar wat ons belange deel, is om die voorgeskrewe eskalasieproses te volg - na CSI as Landgoedbestuursentiteit - en enige kommentaar of voorstelle na Jeanny en haar span te stuur sodat dit met die betrokke partye opgeneem kan word.

## MARINA GHOLFERS

NEWS / NUUS

Alle gholfspelers word uitgenooi om aan te sluit by die Marina Gholfgroep. Kontak vir Pine Pienaar by 082 902 1990. Ons speel gewoonlik op Maandag of Dinsdag by Waterkloof Gholfklub.

### Marina Golfers

All golfers are invited to join the Marina Golf Group. Contact Pine Pienaar on 082 902 1990. We usually play on Monday or Tuesday at Waterkloof Golf Club.

## MARINA WINE GUILD

NEWS / NUUS • Deur Thys du Preez

The Waterkloof Marina Wine Guild was formed in the latter part of last year. The main objective of the wine Guild is to learn more about wine, from production to bottling, and enjoy the wine tastings with old and new friends.

There are many different cultivars (varieties) of red and white wine grapes, and it is interesting to be able to learn and taste the wines of more than a thousand wine producers of South Africa.

Most of us know red wine varieties like Merlot, Shiraz, Pinotage and Cabernet Sauvignon and white varieties like Sauvignon Blanc, Muscadell, Riesling and Chardonnay.



It, however, is exciting to also experience less known varieties like Grenaché, Cinsault, Pinot Noir and Malbec (all red wines) and white wines like Chenin Blanc, Semillon and Viognier.

Many of us grew up with sweet or semi-sweet Rosé wines. Now we get fantastic dry Rosé wines, produced from red grapes. In this decade the wines of South Africa have really made their mark in the world of wine. If one goes through the Platter Wine Guides of the last number of years, the different wines that obtained 5-star ratings have escalated exponentially. Many of our wines fetch high prices at local and world wine auctions. Examples include Kanonkop Paul Sauer 2015 (Pinotage) that originally cost R350 per bottle, and now sells for around R3,500 per bottle, and many others that sell for more than R1,000 per bottle where their original price was less than half of the current price. South Africa's most expensive wine ever is Grand Constance 1821, a wine Napoleon drank when he was banished to St. Helena Island. A single bottle of this wine was sold at the Cape Wine Auction in May 2021 for around R80,000.

During 2021 we had two wine tastings, a red wine tasting and a white wine tasting. This was followed up in February 2022 with a Rosé tasting. We now have 42 paid-up members. The tastings are well supported by the Wine Guild members, and we even had some guests joining us. The last tasting ended with a meal for all participants. We all knew more about wine, were all well-nourished and had fun with friends at the end of this evening.

We have booked several well-known winemakers to visit us this year.

- On 18 May 2022, Albert Ahrens will visit us. Albert markets his wine under the name of Bendewijn. He is a boutique winemaker who produces fantastic wines that he sources from all over the Western Cape and then produces small batches of newer single varieties and blended varieties of little-known varieties.
- Other events are in discussion stage.

If there are residents in Waterkloof Marina who would like to join the WM Wine Guild, please contact me via WhatsApp on 083 279 6757.

Kind wine regards,  
Thys du Preez



WATERKLOOF MARINA  
AFTREELANDGOED · RETIREMENT ESTATE

## **POLICY DOCUMENT: COMMUNICATION COMMITTEE**

March 2022

### **Communication Channels at Waterkloof Marina**

It is important that there are communication channels between estate management and residents and among residents themselves. Here we provide a brief overview of the available channels and how they function.

#### **Official Communication from Estate Management**

##### *Official WM Group*

An official Marina WhatsApp group has been established by the estate management. There are five sub-groups (A1, A2, A3, H1 and H2) as a maximum of 250 residents can be included in a WhatsApp group. This is a one-way communication channel – from management to residents – for formal notices and information.

All residents are requested to make sure that they are members of the group. They can ask reception to assist with this.

##### *SMS Messages*

SMS messages are utilized for any important short message to residents.

##### *Email messages*

Email is used for circulars and important announcements, information, and documents.

#### **Informal Communication Channels**

These channels consist of WhatsApp groups created, maintained, and monitored by residents. They are unofficial and informal channels of communication among residents. They are the following:

##### *WM Info Group*

This group serves to convey relevant information, not related to CSI, to residents. Information shared includes load shedding schedules, water supply, Ward 42 information, traffic problems, Covid information, privately arranged social activities, etc.

##### *WM Affairs Group*

This group enables residents to ask for and exchange information not related to CSI. Messages can include requests for assistance with lost items, queries about unofficial estate issues not handled by committees, fund raising, donations, book launches, elections, outside organisations, etc. Any member can post a message.

### *WM Interest Groups*

Several WM Interest Groups have been established (and are likely to be established in future). These include groups such as line dancing, whisky tasting, wine guild, braai, woodwork, etc.

All functions/activities that are organised must be cleared with reception, as they keep a record of what takes place at the estate. For example, if a donations campaign is launched or a braai is organized, they need to be kept informed and approval must be obtained when relevant.

### *WM Friends/Vriende*

This is an informal group and does not have any formal status at the Marina. It enables residents to exchange messages, stories, photographs, and personal greetings. The only restriction is that no post can be offensive or controversial.

The General Manager must be kept informed of important information communicated on these groups, for instance security incidents that require formal investigation.

### **Notice Boards**

Notice boards are used by the estate management to display relevant information.

The notice board in the coffee shop is monitored by residents appointed for the task.

### **Complaints Procedure**

All complaints and problems must be lodged with/reported to reception.

### **Facebook Page**

The Communication Committee will not run a Facebook page for the estate. Opportunities to place items on the developer's page will be explored from time to time as and when required.

### **Website**

The Communication Committee will not run a website for the estate in the foreseeable future. This may change should the need arise.

### **Menus**

Residents who would like to obtain the monthly menus by email can ask the restaurant reception or Catering Manager to be placed on the mailing list used for this purpose.

### **General**

Residents are cautioned

- to keep in mind the potential legal and other consequences of a defamatory, misleading, or factually incorrect post; and
- not to post anything which might potentially cause reputational damage to Waterkloof Marina. This includes the unauthorised use of the Waterkloof Marina name and logo/trademark.

# FINANCE COMMITTEE (“WM FinCom”)

NEWS / NUUS • By Thys du Preez

The WM FinCom was formed after the Inaugural Meeting of Waterkloof Marina Retirement Estate (“the Estate”) in August 2021. The Committee has four members, namely, Thys du Preez, Cheryl Hurrell, Ivan Holden and Schalk Kruger. The committee meets once a month to discuss the financial affairs of the Estate.

The function of WM FinCom is to support and advise the Board of Directors of the Estate in the management of the financial affairs of the Estate, and more specifically in the following areas:

- Budget preparation
- Income and Expenditure controls
- Review of monthly income and expenditure against budget
- Balance Sheet management
- Delegation of authorities
- Bank matters
- Insurance
- Service provider proposals
- Long term financial planning for the Estate
- External Auditor Communications

To date we have had nine meetings. During this period the items which commanded most of our time were the following:

- Review of financial controls
- Review of service provider contracts
- Set-up of a logical Financial Management Accounts system
- Review of the reported Levy Income figures
- Preparation of the 2022/2023 budget
- Insurance review
- Investment of surplus funds
- Investigation of City of Tshwane municipal charges to the Estate

We can report that the management of the financial affairs of the Estate is in good hands with CSI Property Management, and that the finances of the Estate are in good shape considering that the Estate has only been functioning for under two years.

Thys du Preez ~ Lead: Finance Committee

## MARINA BRUG

NEWS / NUUS • Deur Annette Smith

Donderdagmiddae van 14H00 tot 16H30 word daar hard gedink in die Noord-westelike hoek van die biblioteek, want dan is dit die Marina se brugspelers wat ernstig probeer om die regte roepe te doen.

Die groepie wat bestaan uit Agnes, Annette, Elize, Egon, Liliana, Lida, Margie, Ferdi en Willie Hartzenberg spook dit dan uit in ‘n twee-tafel brug-kompetisie. Dis egter nie ‘n geslote klub nie en spelers wat graag sal wil aansluit is baie welkom om Annette Smith te skakel by 151 of sel 082 829 3440.

Daar word tans 8 borde gespeel van 14H00 tot 15H30 waarna die teepouse volg. Die koffiewinkel bedien die spelers dan met tee of koffie en beurte word geneem om iets te ete te verskaf. Die laaste skof word dan gespeel met 4 borde tot omtrent 17H30.

# LIFE CYCLE OF BILHARZIA IN HUMANS

NEWS / NUUS • By the Dam Committee



Bilharzia is a blood-sucking parasite, but it also causes pathology to various other organs such as the bladder, large colon, rectum, male- and female genital system, liver, spleen, kidneys, lungs, brain, and spinal cord because of the adult worms as well as their eggs.

The adult male and female parasites mate with each other in a person's blood stream after which the female starts to lay

many eggs per day. Most of these eggs penetrate through the bladder or large intestinal walls whereas a smaller percentage of the eggs - as well as adult worms - spread through the blood stream to any of the other organs, as mentioned. The worms as well as their eggs initially cause an acute but later a chronic disease due to local physical trauma and/or allergic reactions or even local calcifications of old lesions. Eventually cancers may develop due to the chronic pathology, especially so in the case of the urinary bladder.

What is more, bilharzia components that spread to the lungs can cause an increased blood pressure in the circulation to the lungs which subsequently causes the heart to enlarge. Most of the eggs - those that penetrate the bladder and large intestinal walls - are continuously secreted in the urine and

faeces of human carriers and can infect freshwater dams and rivers again. Your GP can have you tested to see if you have contracted the disease. A treatment remedy does exist, but it only kills the adult worms in the blood stream. The remedy does not sterilize eggs and neither does it cure the other pathologies.

Eggs that land in fresh water hatch to give origin to the 1st immature larval stage. These larvae then penetrate a suitable freshwater snail which must serve as intermediate host in the life cycle of this parasite.

Intermediate host snails prefer to keep to the edge of dams in stagnant water near the surface, in the vicinity of plant material or drifting islands or objects to which they can attach. After multiplication takes place in the snail, a 2nd immature larval stage is released from the snail into the water on a constant basis. This stage serves as the infective stage to humans because they can penetrate the skin of passing-y swimmers or fishermen. Thereafter they develop into male and female blood parasites which live in the blood vessels of humans to complete the life cycle. Humans can contract bilharzia more than once.

## Die lewensiklus van bilharzia in mense

Bilharzia is 'n bloedsuiende parasiet maar veroorsaak ook patologie aan verskeie ander organe soos die blaas, dikderm, rektum, manlike- en vroulike geslagsstelsel, lewer, milt, niere, longe, brein en rugmurg weens die effek van die volwasse wurms sowel as hul eiers.

Die volwasse manlike en vroulike parasiete paar met mekaar in die persoon se bloedvate. Daarna lê die wyfies daagliks baie eiers per dag waarvan die grootste aantal eiers deur die blaas of dikderm se wande dring terwyl 'n kleiner persentasie eiers - sowel as volwasse wurms - in die bloedstroom kan versprei na enige van die ander genoemde organe. Die wurms sowel as hul eiers veroorsaak eers 'n akute maar later 'n chroniese siektetoestand weens lokale fisiese skade en/of allergiese reaksies of selfs lokale kalsifikasie van ou letsels. Eventueel kan kankers ontwikkel weens die chroniese patologie veral in die geval van die urinêre blaas. Daarby kan bilharziakomponente wat na die longe toe versprei, ook verantwoordelik wees vir verhoogde bloeddruk van die long sirkulasie wat gevolglik die

hart laat vergroot. Die meerderheid van die eiers - dié wat deur die blaas en dikderm se wande dring - word voortdurend uitgeskei in die uriene en stoelgang van menslike draers en besmet sodoende weer varswater damme of riviere as dit daarin beland. Huisdokters kan 'n mens laat toets om vas te stel of jy die siekte opgedoen het. 'n Behandelingsmiddel bestaan wat wel die volwasse wurms doodmaak in die bloedstroom. Die middel steriliseer egter nie die eiers nie en dit genees ook nie die ander patologieë nie.

Eiers wat in vars water beland broei uit en gee oorsprong aan die 1e onvolwasse larf stadium van bilharzia. Hierdie larwes penetreer dan geskikte varswater slakke wat as tussengashere moet dien in die lewensiklus van hierdie parasiet.

Tussengasheer slakke hou veral aan kant van 'n dam in stilstaande water naby aan die oppervlakte in die omgewing van plant materiaal of drywende eilande of objekte waaraan hulle vasheg.

Na vermenigvuldiging in die slak word 'n 2de tipe onvolwasse bilharzia larf op 'n konstante basis vrygestel in die water. Hierdie larwes dien as die infektiewe stadium vir mense want hulle kan die vel van verbygande swemmers of visvangers binnedring. Daarna ontwikkel hulle weer in volwasse manlike en vroulike bloedparasiete wat leef in die bloedvate van mense om die lewensiklus te voltooi. Mense kan meer as een keer bilharzia opdoen.

## WIE IS CHRIS & RUANDA GILDENHUYS

RESIDENTS / INWONERS • Deur Chris & Ruanda Gildenhuys



*Chris en Ruanda tydens 'n onlangse Militêre Bal in Pretoria.*

Chris en Ruanda Gildenhuys (WM57) woon sedert Mei 2020 in Waterkloof Marina en geniet elke oomblik daarvan. Hulle het nie gedink dit is moontlik om soveel nuwe vriende op 'n relatief gevorderde ouderdom te maak nie. Dit is juis al die vriende en oulike mense wat die verblyf soveel te meer aangenaam maak.

Chris is in die Philadelphia Sendinghospitaal te Dennilton, distrik Groblersdal, in Oktober 1956 gebore. Sy laerskooldae was in die Bosveldse dorpe Warmbad (Bela Bela), Nylstroom (Modimole) en Naboomspruit (Mookgophong) en daarna hoërskool in Middelburg (Mpumalanga) op die Hoëveld. Ruanda (neé van den Berg) is in September 1957 in Queenstown gebore en het sy groot geword en skoolgegaan in Sterkstroom aan die voet van die Stormberge in die Noord-Oos Kaap.

Chris en Ruanda het in 1983 in Bloemfontein ontmoet. Hy was as offisier in die SA Weermag daar gestasioneer en sy as 'n mediese verteenwoordiger nadat sy 'n honneursgraad in verpleegkunde asook 'n hoëronderwysdiploma aan die Universiteit van die Vrystaat behaal het. Hulle is op 4 April 1987 getroud en hul twee seuns, Christiaan en Regardt, is albei in Bloemfontein gebore.

Chris dien onder andere as bevelvoerder van 1 Spesiale Diensbataljon en daarna die Pantserskool voordat hy aan die einde van 1996 aangestel word as Verdedigingsattaché en verplaas word na die Suid Afrikaanse Ambassade in Washington, DC in die VSA. Hier begin die kinders skoolgaan

en die gesin geniet die tyd in die buiteland terdeë. In Desember 1999 keer hulle terug na Suid Afrika en vestig in Monumentpark, Pretoria.

Sedert Januarie 2000 dien Chris as bevelvoerende generaal van die SA Leër se Pansterformasie en daarna as Direkteur Operasies in die Weermag se Gesamentlike Operasionele Afdeling.

Hy tree in Oktober 2016 na byna 42 jaar in die Weermag af en begin in Januarie 2017 vir 'n privaatmaatskappy, OTT Technologies, as besigheidsontwikkelingsbestuurder werk. OTT Technologies is 'n ontwerper en vervaardiger van landmynbeskernde pantservoertuie en hierdie produkte word oor 'n wye front in Afrika en die Midde Ooste in onder andere Verenigde Nasies vredessteunoperasies aangewend.

Ruanda het na 'n hele aantal jare as mediese verteenwoordiger ook gekwalifiseer as eiendomsagent en tot Mei 2020 residensiële eiendomme bemark en verkoop waarna sy dit finaal vaarwel geroep het. Vandag doen sy vryskut Covid 19 inentings en reik uit na mense en die gemeenskap.

Hul oudste seun, Christiaan, en sy vrou Maunette, woon en werk tans in Londen terwyl Regardt en Izéle, asook hul driejarige seuntjie, Barend, in Faerie Glen in Pretoria woonagtig is.

Beide Chris en Ruanda kom uit groot families en hulle spandeer soveel moontlik tyd met familie en vriende. Verder hou hulle van reis, fliek, die teater en ligte klassieke musiek. Chris was vroeër 'n kranige golfer en ywerige jagter maar beide hierdie sporte het die afgelope paar jaar ietwat op die agtergrond geskuif. Ruanda organiseer hoofsaaklik haar huishouding, asook familie en vriende, veral as daar 'n gebrek aan rigting is... ;)

As gelowiges is hulle dankbaar teenoor hul Skepper om in so 'n gemeenskap soos Waterkloof Marina te kan woon en weskaf en saam met mede-inwoners te kan geniet.

# INFRASTRUCTURE COMMITTEE

NEWS / NUUS • By the Infrastructure Committee

The infrastructure committee (ISC) reports to the Resident Directors of the Waterkloof Marina Retirement Estate (WMRE) Home Owners Association (HOA) and in doing so, supports and cooperates with the General Manager of the Estate, on all matters of infrastructure, in liaison with CSi Property Management.

Since the appointment of the members of the committee in late 2021, the focus and activities of the members have been to participate as agents for the HOA in approving and taking over aspects of Phases 1-11 of the construction of the Estate's common property components from the developer. In doing so, ensuring that the requirements of compliance with building regulations, civil and structural standards have been complied with, and with the purpose of avoiding as far as possible any future unnecessary risks of excessive maintenance expenditure for the HOA.

Other activities of the ISC have included supporting the General Manager in a review of the existing general and specific terms and conditions used for all proposed alterations applications to residential units by owners. More recently the ISC has also participated in the evaluation for approval by the General Manager of actual applications submitted for alterations to units being considered by owners, and making approval or rejection recommendations in that regard.

The ISC also provides support to the General Manager in co-operation with CSi in preparing cost estimates for essential maintenance and minor improvements to facilities, which may require expenditure during the forthcoming financial year, for inclusion in the annual WMRE expenditure budget, which will be presented for approval by the HOA at the forthcoming annual general meeting.

## WIE IS CHRISTELLE CROUS

RESIDENTS / INWONERS • Deur Christelle Crous

Christelle Crous van Woonstel 1349 het 'n unieke stokperdjie was 'n mens "Foeliekuns" of in Engels "Foil Craft" kan noem. Sy gebruik foelie wat as waterdigting gebruik word om boeke, blikkies, boksies, tissuehouers, kaartjies en boekmerke te versier. Sy gebruik instrumente soos 'n stilus, lineaal, 'n pottebakkersinstrument en 'n potlood om die mooiste patrone op die produkte aan te bring. Sy het gevind dat die produkte baie gewild is en sy bemark dit een keer 'n maand by 'n aftreeoord hier naby en ook op ons mark hier by die Marina. Christelle was aktief betrokke by die mark wat by Waterkloof Marina tot stand gekom het en haar produkte is ook by Waterkloof Marina se markte beskikbaar.

Christelle het met eksperimentering op die regte resep vir haar stokperjie afgekom. Sy het eers foelie gebruik wat teer op die agterkant gehad het, maar die teer het begin drup en sy het besef dit sal nie werk nie. Sy gebruik nou foelievellie wat sy maklik by winkels kan bekom.

Christelle is in die Kaap gebore en het in Kemptonpark grootgeword. Sy woon sedert 1981 in Pretoria. Sy het in 1978 begin werk en was by verskeie maatskappye verantwoordelik vir salarisbetalings. Sy het in 2018 afgetree, maar het toe tot en met 2020 vir haar seun gaan help in sy besigheid in Centurion. Dit klink of sy nog nie klaar gewerk het nie - sy gaan nou weer terug na haar seun se besigheid om uit te help.

Haar seun Drikus is getroud met Kirsten. Drikus het twee kinders, Zion (10 jaar) en Zianay (12 jaar), wat gereeld by hul ouma kom kuier.

Christelle maak 'n put daarvan om nuwe intrekke in die Woonstelle te help om vinnig tuis te voel en by die kommunikasiekanele in te skakel.



# MEDICAL INFORMATION

IMPORTANT / BELANGRIK

## EMERGENCIES

Press panic button or phone 1911, emergency cell number: 066 459 8104

Acute situations e.g.: serious injuries, heart attacks, breathing emergencies or paralysis:

Press panic button or phone LA VIE 1911/7. A Sister will come to your unit and can arrange an ambulance for you.

Further assistance by the paramedics is for your own account.

OR

Phone CRITICAL CARE AMBULANCE 061 875 0307 / 079 462 2608 or NETCARE 082911 to make your own arrangements for the ambulance.

## MEDICAL DOCTOR

Dr Annerie Boshoff practices at the Estate - Monday to Friday (appointments only)

For appointment call her on 081 394 4491

OR

Make arrangements with your own Medical Practitioner

## HOME CARE

Call: 1919 or 012 833 1911 (La Vie Care)

Care by a trained Carer can be done in your own home.

24 hr/day, 8 hr/day or 3 times/day short visits for assistance as needed. Arrange with La Vie Care.

Nursing care by Registered Nurse (Sister) or Enrolled Nurse (Staff Nurse) can be arranged through La Vie Care. Private Nursing care (Sister/Staff Nurse) can be done through Berea Nursing Agency. Alternatively contact Medwell Nursing Services.

(Please inform La Vie Care of Private arrangements made)

## LA VIE CARE CARE UNIT

Call 1911/3/4/9 or 012 833 1911

or visit La Vie Care's Manager, Rencia Opperman (Monday to Friday)

Frail Care - 24-hour care in the frail care facility

Alzheimer Care - 24-hour care in the Alzheimer care facility

## PARAMEDIC ASSISTANCE

Physiotherapist: Tessa - 072 747 8373

Occupational Therapist: Theresa - 082 311 0104

Social Worker: Pretoria Bejaardesorg - 012 542 2805

# WIE IS WIL DUNBAR

RESIDENTS / INWONERS • Deur Wil Dunbar

Ek is 85 jaar gelede in Port Elizabeth se Provinsiale Hospitaal gebore as die vyfde kind van sewe kinders van Abie en Tina Muller. Op sewe maande ouderdom het my ma baie siek geword en is die hulp van 'n dame bekom om te kom help. Sy was *Ida du Plooy*, en het vir 21 jaar in ons familie gebly en ons huis bestuur aangesien beide my ouers baie betrokke was in

die familie besigheid. Na ek getroud is op 20 jarige ouderdom, het sy by ons ingetrek, tot sy op 81 jarige ouderdom oorlede is.

Tannie Ida het vroeg... ek was slegs 5 jaar oud,... gesien dat ek moet klavierlesse neem, aangesien ek duidelik baie musikaal



was. Sy het ook toegesien dat ek, ten spyte daarvan dat ons huistaal Afrikaans was, ingeskryf word by die Engelse meisieskool *The Collegiate School for Girls* in Port Elizabeth. Dit was tydens die Tweede Wêreld en die Engelse-skool was nie baie gelee om my.. die enigste Afrikaans sprekende skolier... daar te aanvaar nie. Maar tannie Ida het vas gestaan en vandag is ek baie dankbaar daarvoor, want ek is volkome tweetalig! Dit was in die begin nie maklik gewees om aanvaar te word nie, maar toe hul agterkom dat ek klavier kon speel en al hul liedere vir die oggendgodsdienste kon speel, het ek onmisbaar geword.

Ek het baie vroeg begin komponeer en het dikwels my eie musiek gespeel. In Std. 4 (nou graad 6) is ek een oggend na die hoof se kantoor genooi. Ek was 'n bietjie bang, want gewoonlik spel dit moeilikheid. Gelukkig het dit heel anders verloop. Die Hoof, 'n juffrou Powis, het my vriendelik ontvang en laat sit. Ek word gevra wat die naam was van die stukkie wat ek die oggend gespeel het toe die skool die saal verlaat het. Ek se dit is my eie komposisie en ek noem dit THE GRASSHOPPER'S DANCE. Sy vra toe of ek seker is dit is nie iets wat ek voorheen al gehoor het nie. Maar ek het geweet dit is my eie en dit bly bevestig. Toe steek sy vir my 'n baie lang preek af. Ek is vermaan om nie my talent te verwaarloos nie en nog baie meer. Toe gaan sy by die klavier sit wat in haar kantoor gestaan het en sy begin te speel. Toe sy klaar is vra sy my wat ek daarvan dink. Ek se toe in alle eerlikheid: "It isn't very good miss... you will have to practice!" Sy het lekker gelag en ek is terug klas toe, maar regdeur my lewe het ek onthou wat sy vir my daardie oggend gesê het.

Al my lewe wou ek sing! My familie het hul nie eintlik aan my talent gesteur nie, maar tannie Ida het! So het sy gesorg dat ek aanhou klavier lesse ontvang en oefen. Ek het geelsig opgedoen in Gr. 5 en was vir ses weke uit die skool. Toe ek terugkom was ek baie teleurgesteld omdat ek nie ingeskryf was om in die plaaslike Kunswedstryd se sangafdeling te sing nie. Toe my klavier onnie dit hoor, het sy besluit sy sal my inskryf, al het sy erken sy weet nie veel van sang af nie; en toe sing ek 'n baie lawwe klein liedjie "*Pretty Polly Pelicans*" en kom 2de uit vyf-en-veertig inskrywings. Ek het jubelend huis toe gehardloop met my goue diploma, na 'n verbaasde familie. En so het my musiek-opleiding oor die jare gevorder.

Ek is op twintigjarige ouderdom getroud met 'n wonderlike man, 'n Engelsman, Ronnie Dunbar. Ons het mekaar ontmoet by 'n koor-oefening, en ek was in Kaapstad eintlik oppad Amerika toe. Ek is voorgestel aan almal, en die nuus het gou versprei wat my toekoms planne was. Toe Ronnie dit hoor het hy my spottend gesê: Trou met my... jy hoef nie Amerika toe te gaan nie! Die man was vir my 'n bietjie verspot, maar hy was eintlik ernstig, en in die maand wat ek moes wag vir my Amerikaanse visum, het ek hom leer ken. Na 3 weke het hy my

gevra om te trou, en ek moes 'n baie ernstige besluit neem. 'n Week voor die skip sou vertrek na Amerika, het ek besluit om my visum, waarvoor ek twee jaar moes wag, te los. Ons was dol verlief en is drie maande later getroud... vir 56 gelukkige jaar, toe hy aan 'n beroerte gesterf het. Ek sal nie jongmense aanraai om op so 'n kort kennismaking te trou nie; gelukkig het dit vir ons uitgewerk, en Ronnie was my beste vriend en ondersteuner deur die jare toe ek met my studies en musiek loopbaan begin het.

Ek het deur **Unisa** my B.Mus. Hon. graad ontvang, Prakties het ek sang en klavier Lisensiate by **Trinity College en Die Royal Schools of Musiek, Londen** bekom. Na ons kroos van vier kinders die huis verlaat het, is ek en my man Amerika toe, waar ek my M. Mus. bekom het by **Andrews Univ.** in Michigan. Ronnie het my deur die jare ondersteun en bygestaan toe ek dikwels moes optree as 'Alt solis in oratorio's, kantata's, en later ook landwyd koor-toere moes onderneem. Ek het nie belang gestel in 'n loopbaan as sangeres nie, alhoewel die geleentheid wel aangebied was. Ek het verkies om gelukkig getroud te bly, en sang en klavier onderrig te gee by Helderberg-Kollege in Somerset-Wes vir 30 jaar. Ek was bevooreg om 'n paar talentvolle studente te kon help om hul as sangers te bekwaam. Onder hul is 'n paar bekendes soos Manuel Escorcio, Pierre van der Westhuizen, Andre Potgieter (tans in Vienna as operasanger).

Ronnie en ek is altwee gelowige Christene, en ek kan getuig dat dit die voorskrif is vir 'n liefdevolle en suksesvolle huwelik. Ons het baie wonderwerke beleef... bv. toe 'n dogtertjie onverwags aan ons geskenk is 'n jaar na ek gesteriliseer is, en dit was na ons jongste spruit weer 'n seuntjie was. Toe ons 'n derde kind beplan het, het ons ernstig gebid vir 'n baba dogtertjie, maar toe kom daar weer 'n seuntjie en ek besluit ek gaan nie die pad van my skoonma loop wat vyf seuns gebaar het nie. Ses jaar later is ons gebed beantwoord toe ons dogter, Trudy, gebore is. Ek was eers baie ontsteld oor die onverwagte swangerskap gebeur, maar die Dunbar gesin...boeties ook, het gejubel toe die dogtertjie kom. Die dokter wat die operasie gedoen het, het geweier om te glo ek was swanger en het eenvoudig gesê: "Seeing is believing" en het toe die bevalling gratis gedoen en gesê ons kan van hom vra wat ons wil: "I have never had a come-back" was sy kommentaar toe ek hom moes gaan sien na my swangerskap bevestig is. Trudy Mae, so genoem deur die boeties, het my musiek talent ge-erf en is vandag 'n onderwyseres in 'n laerskool en sy sing pragtig. Sy het ook verkies om nie 'n sangloopbaan te volg nie, maar gee ook sang, klavier onderrig en is getroud met twee pragtige dogters. Soos haar ma, is sy ook lief om kinderkonserte aan te bied en konserte aan te bied by ouetehuse.

Dit is vir my 'n voorreg om hier in Waterkloof Marina nou al ses maande te woon, waar ek graag klavier speel vir ons inter-kerklike diens op 'n Donderdagoggend. Deur die jare het ek as orrelis en begeleier in baie verskillende kerke gespeel; dit is dus vir my werklik verblydend om dit hier ook te kan doen. Die inwoners hier is so vriendelik en ek het al 'n paar goeie vriende bekom!

Wil Dunbar

(My naam is Wilhelmina, maar in die Engelse skool het almal my "Wil" genoem, en so het ek maar gebly.. korter en seker makliker!)

## THE SUNFLOWER PEOPLE

NEWS / NUUS • By Dawie Jacobs

I dedicate this poem originally written about cosmos flowers, the migrants of the flower world, to the Sunflower People of Ukraine. My thoughts were shaped by my first-hand observations of human resilience in the face of death and destruction in war-torn countries like Yugoslavia, Bosnia-Herzegovina and elsewhere, also in the history of our own country and our continent.

Refugees

"Like unwanted people  
drifting on boats to foreign shores.  
They were not welcome  
they did not fit the mould.  
There seeds simply fell by the roadside  
like chaff separated from the corn.  
Although they were not meant as fodder  
they met with the farmer's scorn.  
They did the only thing they knew  
to grow and spread their beauty every year anew.  
Lining our roads with splendour  
and miles and miles of friendly smiles.  
They are not nurtured in fancy gardens  
for fertilizers they do not strive.  
No, they thrive on what they have  
an inner strength and love for life.  
They embrace old rusted farm gates  
provide face-lifts to neglected fences.  
Where others do not seem to care  
you always find them there"  
- DJ



Fields of cosmos and sunflowers captured in the Freestate.

May future generations always remember the brave patriots of Ukraine by the Sunflower that became their symbol across the globe. Sunflowers always follow the sun. May their light and beauty never be eclipsed by the darkness and evil plots of a twisted mind. May their bravery pour shame on a dark soul.

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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@csimangement.co.za](mailto:jeanny@csimangement.co.za)

Indien jy sou verkies om liever jou storie aan iemand te vertel sodat dit namens jou geskryf word, skakel Ontvangs, 1901 of 1904 en ons reël 'n afspraak.

WEEKLIKSE AKTIWITEITE			
DAE	TYD	AKTIWITEIT	KONTAK
Maandag	08h00-09h00	Pilates	Tessa: 072 747 8373
	09h00	Bussie	1901/1904
Dinsdag	09h00	Handwerk groepie	Amanda: 0191
	17h15-18h15	Lyndanse	Julie: 0078
Woensdag	08h00-09h00	Pilates	Tessa: 072 747 8373
	09h00	Bussie	1901/1904
	13h00-16h00	Hydro Physio	Tessa: 072 747 8373
Donderdae	14h00-16h00	Kaart speletjies	Herma: 0198
	10h00-11h00	Kerkdiens	1901/1904
	14h00-16h30	Brug	Annette: 0151
	15h00-16h00	Bybelstudie	Mara: 0115
Donderdag	16h30-17h00	Chill groepie	Rika: 1132
	17h15-18h15	Lyndanse	Julie: 0078
Vrydag	08h30-09h30	Oefengroep	Leslie: 083 471 6752
	10h00-11h00	Bybelstudie	Wil: 1303

## TELEPHONE NUMBERS / TELEFOON NOMMERS

### EMERGENCIES / NOOD NOMMERS

Ambulance	Netcare	082 911
Ambulance	Critical Care	061 875 0307
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	012 883 1911/1912
Village Nurse	1919	012 883 1919
Security	1932	012 883 1932
Kitchen	1922	012 883 1922
Coffee Shop	1924	012 883 1924
Laundry	1926	012 883 1926
Beauty Salon	1928	012 883 1928
Silver Violet Hair Salon	1930	012 883 1930
Reception	1901 / 1904	
24/7 Maintenance	064 629 3208	

## BUSDIENS

- Die bussie word gereeld ontsmet.
- Maskers is verpligtend tydens die hele periode van reis.
- Persoonlike ruimte word streng toegepas.

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

Maandae:

09h00 - 10h00 (Castle Gate of Monument Spar)

Woensdae:

09h00 - 11h00 (Irene Mall of Woodlands)

# WATERKLOOF WHISKYVERENIGING

NEWS / NUUS • Deur Anton van Velden

Sedert die derde byeenkoms van die Waterkloof Marina Whiskyvereniging (waaroor in die vorige Marina News berig is) het die Vereniging op 25 November 2021, asook op 10 Februarie hierdie jaar, uiters suksesvolle verdere byeenkomste aangebied.

Die heel eerste byeenkoms van die Vereniging is op 11 Maart 2021 in die Historiese Gebou aangebied en is deur 11 lede bygewoon. Op die oomblik het die Vereniging 52 lede. In totaal is 10 Skotse, 3 Ierse, 2 Suid-Afrikaanse, 1 Japanse en 1 Amerikaanse whisky al bespreek, geproe en geniet. Die 'formele' verrigtinge word altyd afgesluit deur gesellig saam te kuier met eetgoed.

Lede deel interessante inligting op die WhatsApp Groep van die Vereniging (soos dat die Amerikaanse President George Washington in 1799 'n allemintige 11 000 gallon whiskey

geproduseer het) en maak aanbevelings oor goeie whiskies en waarde vir geld aanbiedings. Lede is uiters gedissiplineerd en beperk plasinge op die Groep tot fotos van byeenkomste, die sake van die Vereniging en ander whisky verwante inligting en nuus.

Whisky drinkers kan vergesel word deur nie-whisky drinkers (in baie gevalle die man) wat hul eie drinkgoed saambring.

Die volgende byeenkoms is geskeduleer vir 12 Mei 2022 en sal, soos die heel eerste byeenkoms, deur Whisky Brother aangebied word.

Belangstellendes kan met Chris Gildenhuis (WM57-082 415 3624) of Anton van Velden (WM10- 082 881 4361) skakel.

*Gesondheid- Cheers!*



*Vince Taylor (gepas in Skotse drag) stel Naked Grouse Skotse Whisky aan lede voor. Frik Rademan luister aandagtig.*



*Die Voorsitter van die Vereniging Chris Gildenhuis spreek lede toe tydens die byeenkoms op 10 Februarie 2022.*



PHOTOS BY: Dawie Jacobs

# THE JOY OF WALKING

NEWS / NUUS • By Leslie Baragwanath

As we walk into 2022, let us take an enjoyable and informed approach to walking, a natural form of exercise. It is an essential movement for us to get from place to place. However, many people don't walk well. In some situations, people find their balance compromised, or their hips and knees may ache and be stiff. Discovering feet and ankles under supervised instruction will provide an opportunity to improve balance and smoother actions of hips, knees, ankles, and feet.

Walking also improves spinal stability and conditions the muscles in your back. Aim for an hour and 30 minutes a day, which will increase flexibility and pump nutrients into your spinal structures.

Be aware of where you place your feet on the surface. It may be that both feet feel vague and the movement difficult to

control, with an uneven gait. Correct your body balance to avoid falling over. Focus; the mind may tend to wander, especially as we get older. It is essential to gather your thoughts, so to speak, and focus on what is in front of you. Read the surface of where you are walking, be it inside a building, outside on the pavement, grass, or gravel.

In conclusion, always wear comfortable, good fitting shoes. Always concentrate, live in the moment, be in control. These points will enable you to have a more elegant, graceful walk, and the ability to move fully, enjoying one of life's most basic activities.

*Leslie teaches "The Active Class" Fridays 08:30 - 09:30 in the Marina Community Hall.*

*Enquiries: Leslie 083 4716752*

# AFRIKAANS EN SY GESEGDES

NEWS / NUUS • Deur Johan van der Walt

*Iemand het heerlijk met Afrikaanse idioome en uitdrukkings/gesegdes gespeel:*

Voor jy dalk hond se gedagtes kry dat ek muisneste het en kattekwaad aanvang deur 'n kat in die donker te knyp, kan ek die aap uit die mou laat dat jy nie hond haaraf gaan maak nie. Die kool is eenvoudig nie die sous werd nie; jy wil verniet die bobbejaan agter die berg gaan haal; ek is nie 'n vroetelvarkie nie.

Omdat ek twee linkervoete en rooi hakskene het, dans ek soos 'n kat op 'n warm plaat. Terwyl ek oor die onderdeur loer, stem my aand- en môrepraatjies nie ooreen nie, en sing ek 'n ander deuntjie. Ek sing soos 'n kanarie. Ek weet dat die voëltjie wat saans die laaste fluit, soggens eerste deur die kat gevang word, daarom gaan ek voor die hoenders slaap en lank voor hanekraai klim ek met die verkeerde voet uit die bed om my eiertjie te lê.

Dit het die naweek katte en honde gereën, maar ons hou darem nog kop bo water. Dit staan egter soos 'n paal bo water dat dit nie nodig is om water met 'n mandjie aan te dra nie. Voor die son water trek en die perde horings kry, moet ek nie 'n gegewe perd in die bek kyk nie; ek moenie ou koeie uit die sloot grawe nie; ek moet die bul by die horings pak sodat die

agteros in die kraal kan kom. Ek moet ook al my varkies op hok sit en daar by oom Daantjie se kalwerhok die kalf uit die put gaan haal.

As jy wors in die hondelok soek, onthou dat blaffende honde nie byt nie. Ek wou nog katte skiet, maar toe is die koeël deur die kerk en ek kry wingerdgriep. Dit was 'n bitter pil om te sluk. Ek was hoog in die takke, want ek het gehoor dat die hoogste bome die meeste wind vang. As die appel nie ver van die boom val nie, kan 'n mens die boom aan sy vrugte ken.

Ek kon nie die kar voor die perde span nie, en het toe maar twee rye spore geloop.

In die dorp het hulle gesê ek speel op AVBOB se stoep en dat ek een van die dae 'n houtpak gaan aantrek. Ek het gesê dat ek met 'n goue lepel in die mond gebore is en dat ek nog nie lepel in die dak gaan steek en boedel oorgee nie. Ek moet rondborstig erken dat die die spyker in my doodskis is dat bloed kruip waar dit nie kan loop nie.

As jy jou brood in die sweet van jou aangesig verdien, moet jy nie met 'n mond vol tande staan nie; jy moet hare op jou tande hê; jy moet jou hand aan die ploeg slaan en die strydbyl begrawe. Weet jy hoe die vurk in die hef steek? As jy wolf skaapwagter maak, moet jy almal oor dieselfde kam skeer.

# NOODONTRUIMING VIR DIE **WOONSTELLE**

IMPORTANT / BELANGRIK

Gedurende Maart 2022 het ons 'n verkennende, eerste vergadering in die gemeenskapsaal gehad om die noodontruimingsprosedure met woonstel-inwoners te bespreek. Elke woonsteleenheid het reeds 'n ontruimingsplan agter op die eenheiddeur. U as inwoner moet uself asseblief vergewis van die ontruimingsroete wat vir u eenheid geld. Kontak Ontvangs asseblief indien u onseker is oor iets hieromtrent.

## **DIE BELANGRIKSTE STAPPE OM TE ONTHOU IN DIE GEVAL VAN 'N BRAND:**

1. Druk dadelik u paniekknoppie.
2. Maak vensters en deure dadelik toe.
3. Klop aan die buurvrou/buurman se deur.
4. Buurvrou/buurman - vra dat hulle ook hul paniekknoppie druk.
5. Buurvrou/buurman - maak vensters en deure toe.
6. Klop aan die volgende buurvrou/buurman se deur (volg dieselfde proses soos hier bo).
7. Gebruik die noodtrappe - nie die hysbak nie.
8. Sodra u buite die leefstylsentrum is, beweeg na die naaste noodvergaderpunt.

## **NOODVERGADERPUNTE:**

1. Amfiteater.
2. Parkeerarea links (oos) van die swembad.
3. Parkeerarea regs (wes) van die historiese gebou.

## **AANBEVELING:**

Ons beveel aan dat inwoners 'n klein rug- of skouersakkie ("sling bag") naby die deur hou met 'n ligte baadjie, flits en handoekie in wat u vinnig kan neem wanneer u die woonstel moet ontruim in 'n noodgeval. Die handoekie kan natgemaak word en oor u gesig gehou word om asemhaling te vergemaklik in rooktoestande.

Soos bevestig tydens die vergadering in Maart sal 'n noodontruimingoefening gedoen word voor die einde van Julie. In die *interim* weet die personeel wat om te doen in 'n brandgeval en hoef u net seker te maak u ken u eie ontruimingsroete (agter op u deur).

**DIE VOLGENDE ITEMS IS BESIKBAAR VIR BESTELLING BY ONTVANGS. KONTAK ONTVANGS GERUS VIR PRYSE EN MEER BESONDERHEDE:**

ITEM	BESKRYWING	FOTO
<p><b>VUURKOMBERS</b></p> <p>Handelsmerk: SafeQuip Grootte: 1.2m x 1.2m</p>	<p>Vuurbestande stukke materiaal wat gebruik kan word om 'n vuur te bedek om suurstoef toevoer af te sny, of om 'n persoon wie se klere aan die brand is met die materiaal te bedek. Hou dit in die kombuis.</p>	
<p><b>ENERGIZER LANTERN</b></p> <p>Energizer® visie herlaai lantern 1000 lumens</p>	<p>'n Goeie alternatief vir kerse, veral nuttig tydens periodes van beurtkrag. Kerse moet onder geen omstandighede gebruik word nie.</p>	
<p><b>PHILLIPS BATTERY LAMP</b></p> <p>*Neem asseblief kennis dat hierdie gloeilamp vir 'n bedlamp is. Rugsteunlig vir meer as 3 ure "Long life" 15000 ure</p>	<p>'n Goeie alternatief vir kerse, veral nuttig tydens periodes van beurtkrag. Kan in 'n bedlamp gebruik word. Kerse moet onder geen omstandighede gebruik word nie.</p>	
<p><b>HANDDOEK</b></p> <p>100% Egyptian Cotton Lengte: 30*50cm Kleur: Navy Blou</p>	<p>Hou in jou rugsak of slingersak naby jou deur. Maak handdoek nat voor jy die eenheid verlaat indien moontlik, om asemhaling tydens noodontruiming te vergemaklik.</p>	
<p><b>FLITSLIG</b></p> <p>Energizer® 2AA Plastiek LED flitslig bied 4X meer lig as algemene LED ligte Batterie: 2x AA</p>	<p>Hou in 'n rugsak of slingersak naby jou deur. Om lig te verskaf in geval van nood en kragonderbreking.</p>	
<p><b>BATTERYE</b></p> <p>Handelsmerk: Duracell 4x AA</p>	<p>Vir flitslig.</p>	
<p><b>TREKKOORDSAK</b></p> <p>Materiaal: Herwinbare nie-geweefde Polypropolene Grootte: 33 cm x 40,5 cm Kleur: Grys</p>	<p>Gebruik die sak om 'n ligte baadjie, flitslig en handdoek binne te bêre. Hou naby jou deur, gryp in geval van 'n noodontruiming. Dra as rugsak of slingersak sodat jou hande vry is tydens ontruiming.</p>	
<p><b>PANEEL VERWARMER</b></p> <p>Handelsmerk: Gold Air Skraal en kompakte ontwerp Energiebesparende toestel - 230V - 50Hz</p>	<p>Die mees aanbevole vorm van verhitting in die winter. Ander toestelle het 'n hoë brandrisiko. Onderhoudspan kan teen 'n klein fooi help met installasie.</p>	
<p><b>DAG KALENDER</b></p>	<p>Handige hulpmiddel om aan bure te kommunikeer dat alles pluis is. Blaai volgens dag van die week en sit in jou venster. As jy nie die dae van die week omdraai nie, sal dit jou vloerbeampte en bure waarsku dat alles by jou dalk nie pluis is nie. Die gebruik van hierdie instrument is heeltemal vrywillig of opsioneel.</p>	



# EMERGENCY EVACUATION: APARTMENTS

IMPORTANT / BELANGRIK

During March 2022, we had a first, exploratory meeting in the community hall to discuss the emergency evacuation procedure with apartment residents. Each apartment has an evacuation plan behind the front door. As a resident, please familiarize yourself with the evacuation route that applies to your unit. Please contact Reception if you are uncertain about anything in this respect.

## THE MOST IMPORTANT STEPS TO REMEMBER IN THE EVENT OF A FIRE:

1. Press your panic button immediately
2. Close windows and doors immediately
3. Knock on the neighbour's door
4. Neighbour - ask that they also press their panic button
5. Neighbour - close windows and doors
6. Knock on the next neighbour's door (follow the same process as above)
7. Use the emergency stairs - not the elevator
8. Once you are outside the lifestyle centre, move to the nearest emergency assembly point

## EMERGENCY ASSEMBLY POINTS:

1. Amphitheater
2. Parking area to the left (east) of the pool
3. Parking area to the right (west) of the historical building

## RECOMMENDATION:

We recommend that residents keep a small backpack or sling bag near the door with a light jacket, flashlight, and towel inside that you can quickly grab when you need to evacuate the apartment in an emergency. The towel can be wet and held over your face to facilitate breathing in smokey conditions.

As confirmed during the meeting in March, an emergency evacuation drill will be done before the end of July. In the interim, the staff knows what to do in the event of a fire and you just need to make sure you know your own evacuation route (behind your front door).

**THE FOLLOWING ITEMS ARE AVAILABLE TO ORDER AT RECEPTION; PLEASE CONTACT RECEPTION FOR PRICES AND MORE DETAILS:**

ITEM	DESCRIPTION	PICTURE
<p><b>FIRE BLANKET</b></p> <p>Brand: SafeQuip Size: 1.2m x 1.2m</p>	<p>Fire-resistant sheets of material that may be used to cover a fire to cut oxygen supply or wrap around a person whose clothes are on fire. Keep it in the kitchen.</p>	
<p><b>ENERGIZER LANTERN</b></p> <p>Energizer® vision recharge lantern 1000 lumens</p>	<p>A good alternative to candles, especially helpful during periods of load shedding. Candles should not be used under any circumstances.</p>	
<p><b>PHILLIPS BATTERY LAMP</b></p> <p>*Please note this lightbulb is for a bed side lamp Back up light for more than 3 hours Long life 15000 hours</p>	<p>A good alternative to candles, especially helpful during periods of load shedding. Can be used in a bed side lamp. Candles should not be used under any circumstances.</p>	
<p><b>HAND TOWEL</b></p> <p>100% Egyptian Cotton Length: 30*50cm Colour: Navy Blue</p>	<p>Keep in your backpack or sling bag near your door. Wet towel before you leave unit if possible, to ease breathing during emergency evacuation.</p>	
<p><b>FLASHLIGHT</b></p> <p>Energizer® 2AA Plastic LED flashlight provides 4X more light than common LED lights Battery: 2x AA</p>	<p>Keep in a backpack or sling bag near your door. To provide light in event of emergency and power failure.</p>	
<p><b>BATTERIES</b></p> <p>Brand: Duracell 4x AA</p>	<p>For flashlight.</p>	
<p><b>DRAWSTRING BAG</b></p> <p>Material: Recyclable Non-Woven Polypropylene Size: 33cm x 40.5cm Colour: Grey</p>	<p>Use to store a light jacket, torch and hand towel. Keep stocked and close to your door, grab in event of emergency evacuation. Wear as backpack or sling bag so that your hands are free during evacuation.</p>	
<p><b>ECO PANEL HEATER</b></p> <p>Brand: Gold Air Ultra slim and compact design Energy saving appliance - 230V - 50Hz</p>	<p>Most advisable form of heating in winter. Other devices have high fire risk. Maintenance team can assist with installation at a small fee.</p>	
<p><b>DAY CALENDER</b></p>	<p>Handy tool to communicate to neighbours that you are okay. Flip according to day of week and keep displayed in your window. If you do not flip, this will alert your floor marshall and neighbours that you may not be okay. Use of this tool is completely voluntary/optional.</p>	

trading as:

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# HONDE-EIENAARS NEEM KENNIS

NEWS / NUUS • Deur Kobus Rudolph

Ons is trotse honde-eienaars van Trompie - 'n 10 jaar oue Jack Russel. Hy is bietjie kwaai omdat hy al 3 keer onder gewapende rowe by ons ou huis, deurgeloop het. Onder vuurwapens en skote het hy die rampokkers aangeval en moes hy sy eienaars beskerm het. Daarom paai, troetel en streek mens nie sommer vir Trompie nie. Selfs nie eers by sy huis nie.

Trompie is baie lief vir speel, bal-jaag en stap. Hy stap elke dag by WKM. Hy is net so mal oor visvang en bootry en biltong. Elke dag neem ons hom op sy stappie met sy groen leiband en ons vat sy sakkies saam. Hy beruik al die heerlikste geure van ander honde, die veldmuise en rietrotte. Hy doen sy besigheid, dan tel ons alles op en gooi dit in die asblik.

Maar dit maak ons hartseer as ons sien daar is ander honde wie se eienaars nie hul honde se besigheid skoonmaak nie. Dit is 'n groot klad op die honde van WKM se naam. Hoekom doen mense dit nie? Ons besef sommige mense gril, ander sukkel dalk om te buk, of sommiges is stout en kyk net anderpad. Dit is nie goed nie. Sulke mense kan maak dat Trompie en die ander honde beperk kan word en dat hulle dalk sekere voorregte ontnem kan word.

Hier is aanwysings van hoe om skoon te maak na jou hond sy besigheid gedoen het:



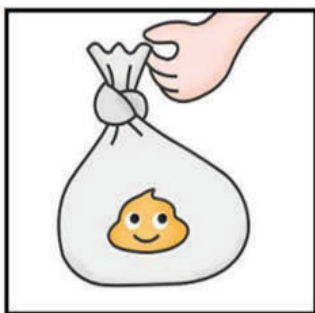
Put it on your hand and grab it



Peel the bag down and cover it



Trompie, 10 jaar gelede, Feb 2012... en nou.



Grab the bag seal and tie it



Throw it in the trash



(Sketse geleen by Furmate Eco-friendly 100% Biodegradable Dog Poop Bag)

Indien jy nie kan buk nie, koop asseblief 'n skoppie:

Hier is 'n voorbeeld van 'n skoppie en 'n 2de handvatsel met 'n sakkie. R99 by Crazy Store.

Ten slotte: Ons kan sakkies by Takealot bestel.

R199.00 vir 270 sakkies (18 rolletjies) en 'n houer waarin 'n rolletjie aan die hond se leiband vasgemaak kan word.

Ons kan 'n klomp bestel indien jy belangstel - teen Takealot se prys.

Bel Kobus Rudolph: Huis 56 of 082-969-0907



R199.00 Takealot

FurMate Eco-Friendly 100% Biodegradable Dog Poop Bag - 18 Roll Set

Die Sosiale Komitee het verskeie aktiwiteite die afgelope tyd gereël:

Ons het 'n Kersmark op 8 Desember gehou en die stalletjies was baie goed ondersteun. Die plan is om 'n markdag elke kwartaal te hou.

Die volgende konserte het plaasgevind met baie goeie terugvoer:

- **Henry van Dyk** het ons vermaak op die 20ste November 2021 en ons het heerlik na tydlose liedere geluister. Omtrent 180 gaste het die vertoning bygewoon.
- **Manuel Escorcio** het ons op die 22ste Januarie 2022 met sy bekende liedere kom vermaak. Die konsert was 'n reuse sukses en hy het ons vir amper twee ure met sy wonderlike stem in vervoering gehad.
- **Phillip Kotze** en sy span het ons met die Valentynskonsert vermaak. Liedere uit alle eras was gesing en die gehoor het saamgesing en ook gedans!!
- **Loot Steyn** het op 20ste April 2022 ons vermaak met die mooiste liedere.

Hou die spasie dop vir die aktiwiteite wat ons beplan vir die volgende drie maande!

## 'N HONDJIE-VRIENDELIKE PLEK

Vir my as afgetredene was die gedagte dat ek dalk van my hondjie ontslae moes raak sodra ek kleiner wou gaan, angswekkend. My familie en vriende het my gehelp met die soeke na 'n aftreplek waar ek en my hondjie welkom voel.

Toe ek een Vrydagmiddag vanaf Nelspruit kom navraag doen het, was my eerste vraag aan Stefan (die agent) of ek my hondjie kon saambring. Voor ek nog eers verder kon uitwei oor hoe my hondjie lyk het hy onmiddellik positief geantwoord. Dit was die deurslag vir my wat die keuse van blyplek was.

Ek en my Suzie-hondjie woon vanaf Maart verlede jaar baie gelukkig hier op Marina in Huis 151. Ek kan enige tyd van die dag met Suzie gaan stap, en dan ontmoet ek verskeie mense wat vriendelik en soms ook belangstellend na ons twee uitvra. Vandat die hele wandelpad oopgestel is, is die uitstappies baie meer opwindend. Die uitsig sowel as die vrye gevoel wat op die boonste vlak ondervind word is so "wyd soos die Heer se genade". Daar is genoeg bankies om op te sit en die maksimum tyd in die groot ruimte te spandeer.

Vir Suzie is die interessante deel van haar wandeltog die baie ander viervoetiges wat ons teëkom. Aanvanklik was dit 'n taamlieke hewige konfrontasie, maar deesdae steur sy haar skaars aan hulle. Sy is baie vatbaar vir prys as sy net nonchalant verby draf. Om 'n klompie van die hondjies wat ons gereeld teëkom op te noem: Jack Russeltjies, worshondjies, steekhaartjies, maar veral baie Yorkies. Nika is die enetjie wat dikwels verby ons huisie stap en dan word daar luidrigtig gegroet.

Wat so besonder is van Marina honde-eienaars is hul groot deernis met mekaar se hondjies. Maar selfs wandelgangere sonder hondjies knoop soms lang gesprekke aan en gee terselfdertyd ook baie aandag aan die hondjies.

Ten slotte wil ek almal in Marina hartlik bedank vir al die vriendelikheid, behulpsaamheid en welwillendheid wat ek hier ondervind. Dis sommer 'n lekker plek om in te woon.

# KOFFIEWINKEL & RESTAURANT

NEWS / NUUS • Deur Paul Janse van Rensburg

Oor die afgelope jaar het ons baie uitdagings trotseer in die koffiewinkel en restaurant wat gewissel het van personeel aangeleenthede, die aankoop van kwaliteit produkte, en om die regte stelsels in plek te kry om aan al ons inwoners goeie diens en kwaliteit kos te kan voorsit.

Ons was trots om in Maart vir Susan Boshoff as ons nuwe Voedseldiensbestuurder te verwelkom. Susan het 'n Nasionale Diploma in Voedseldiensbestuur met baie jare se ondervinding in die gasvryheidsbedryf en ons sien uit na die bydrae wat sy kan maak by Waterkloof Marina.

Daar is reeds baie veranderinge aangebring aan die spyskaart vir die restaurant en koffiewinkel wat binnekort aangebied sal word. Nuwe kelners is ook aangestel in die koffiewinkel en die restaurant het nou ook twee opdien punte sodat die opskep en bediening van kos vinniger sal geskied.

'n Nuwe sjef, Themba Mokgoasie, met 'n Diploma in Voedselvoorbereiding asook 'n Diploma in Fyngebak het ook intussen by Susan en haar span aangesluit.

Om maar net 'n paar van die nuwe opwindende items op die spyskaart in die koffiewinkel te noem, waarna ons kan uitsien:

## FYNGEBAK & DRINKGOED

- Appeltert
- Melktert
- Café Mocha
- Macchiato
- Red Cappuccino
- Earl Grey, Groen Tee

## LIGTE ETES

- Verskeidenheid toebroodjies op rogbrood of gesondheids brood
- Omelette (vegetariese opsie ook beskikbaar)
- Sop van die dag
- Hoender Burger (vegetariese opsie ook beskikbaar)
- Chicken Ceasar Slaai of Tuna slaai
- Pasteie en sous bedien met skyfies of slaai



Susan Boshoff

Kom besoek gerus die koffiewinkel en restaurant, ontspan en geniet die groter verskeidenheid van disse op die spyskaart.

## Get in Touch

- Email: [admin.waterkloof@csimanagement.co.za](mailto:admin.waterkloof@csimanagement.co.za)
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