

**Belangrike Telnrs. /
Important Tel. Nos.**

*Ambulans, Brand /
Ambulance, Fire*
086 010 1214

*Instandhouding (na-
ure noodnr.) /
Maintenance (after
hours emergency no.)*
076 493 9475

Sekuriteit / Security
9911
060 711 3315

**Mediese
noodgevalle / Medical
emergencies:**

*Sorgeenheid (na-
ure) / Frail Care
(after hours)*
2009 / 2010
010 007 4154/5
071 568 1450

*Oordverpleegster
(Maandag—Vrydag) /
Village Nurse
(Monday—Friday)*
08:00—16:00
2012
065 595 5505

*Maatskaplike
Werker / Social
Worker*
2013

Ontvangs / Reception
2000 / 2001
010 007 4160

Kombuis / Kitchen
2003 / 2004
(WhatsApp:
074 952 1515 — nie
op Donderdae of
Saterdag nie / not
on Thursdays or
Saturdays)

Haarsalon / Hair Salon
2006
081 515 9115

*Skoonheidssalon /
Beauty Salon*
2007

Kiosk
2005

Wassery / Laundry
9913

*Oordbestuurder /
Estate Manager*
2002



Brokkies & Snippets

Nuusbrief / Newsletter

2026/03

Mediese dienste In Bronberg: Kliniek en Maatskaplike Diens

Bronberg Aftreelandgoed se Kliniek word deur ons eie professionele verpleegkundiges beman. Aan die hoof staan Sr Tersia de Waal, wat sedert Augustus 2020 in diens van Bronberg is. Sy word ondersteun deur Sr Suzette van der Walt en Sr Bronwyn Hummel.



*Vlnr: Sr Tersia de Waal, Sr. Suzette van der Walt
en Sr Bronwyn Hummel*

Die maatskaplike diens word deur Kara Pieters lewer. Kara is elke Dinsdag in Bronberg. Die hoofdoel van ons span verpleegkundiges is om aan al ons inwoners gesondheidsorgdienste aan te bied met die oogmerk om ons almal so lank as moontlik aktief en selfonderhoudend te hou. Behalwe vir die omvattende gesondheidsorg wat by die Kliniek en tuis aangebied word, word verskeie aktiwiteite vir inwoners gereël. Dit sluit in lyndanse, *Sit & Fit*, Pilates-oefeninge en *CareVita#Fit* groepe wat weekliks in die Mandoliensaal plaasvind. Almal is welkom om by hierdie aktiwiteite aan te sluit en ons moedig ons inwoners aan om aktief te kom deelneem. Tesame hiermee is die speletjieskamer ingerig met gimnasiumtoerusting waar almal ook welkom is om bietjie spiere te bou!

Bronberg Aftreelandgoed is per definisie 'n "Onafhanklike Leefstyl" landgoed en daarom word almal aangemoedig om so lank moontlik aktief te wees. Heelwat inwoners stap gereeld, daar is 'n paar wat gereeld draf en sommige wat braaf genoeg is om die koppie aan te durf. Bly aktief so lank as wat u kan!

Ons het die omvattende lys van mediese dienste wat by die Kliniek aangebied word, saam met *Dassie Dinge No 2/26* versprei. Daarmee saam is die Kliniek ook verantwoordelik om alle voornemende inwoners te evalueer. Die verdere doelwit is om ten minste 200 bestaande inwoners elke jaar ook medies te evalueer. Hierdie evaluasies het ten doel om elke inwoner se "onafhanklikheid" te bepaal. In gevalle waar inwoners verswak, word stappe gedoen om die nodige sorg en hulp beskikbaar te maak.

Mediese dienste In Bronberg: Kliniek en Maatskaplike Diens (Vervolg)

Hoekom is daar 'n koste aan die diens by die Kliniek verbonde? Die grootste deel van die Kliniekkostes word deur die maandelikse heffing gedra, maar die Huiseienaarsvereniging het die besluit geneem dat verbruikers 'n deel van die sorgdienste self moet betaal.

CLINIC

Phone extension 2012
or 0100074160 ask for 2012
BY APPOINTMENT ONLY!
(Except for emergencies)

CLINIC HOURS

MONDAYS - THURSDAY

08:00 - 11:00
13:00 - 14:30

FRIDAYS

08:00 - 11:00

Die Kliniek verpleegkundiges is ook verantwoordelik om alle noodgevalle gedurende normale weksdae tussen 08:00 en 16:00 te hanteer. Hierdie diens is gratis. Sodra 'n panieknoppie gedruk word, word dit by die Kliniek geaktiveer en hulle neem onmiddellik aksie. Inwoners kan ook die Kliniek tydens 'n noodsituasie by 2012 op die interne lyn skakel.

Die Kliniek werk op 'n afspraak basis. Sien die foto hierby waar die kliniekure aangedui word. Slegs noodgevalle word sonder 'n afspraak hanteer.

Afsprake kan ook met Kara, die Maatskaplike Werker, vir Dinsdae gemaak word. Kara het 'n lys van inwoners wat sy op 'n gereelde basis besoek, maar indien u van haar hulp wil gebruik maak, is u

welkom om die Kliniek te skakel en 'n afspraak te maak. Hierdie diens word gratis aangebied.

Bronberg is bevoorreg om ons eie professionele personeel vir ons inwoners beskikbaar te hê. Moet asseblief nie huiwer om van hulle dienste gebruik te maak nie. Skakel gerus 2012 op die interne lyn of 065 595 5505 om afsprake vas te maak.

Alan Snyman (1339), Voorsitter



Kara Pieters

Mobility Aids for Bronberg Residents

Bert Knopjes (House 82), has a project to assist residents who need a wheelchair or walker for a shorter period of time.

These aids can be rented at a minimal cost and the income derived is used to repair equipment when necessary.

Wheelchairs R30/month or R10/week.
Walkers R10/month. Crutches R10/month.
Rental period: maximum 6 months.

Donations of mobility aids by people who are not using them any longer, will willingly be accepted, even if broken or incomplete. All help will be appreciated.



VERGEET JY NAME? DO YOU FORGET NAMES?



KRY 'N NAAMPLAATJIE! GET A NAME TAG!

Koste / Cost: R40 kontant / cash

Kontakpersoon / Contact person:

Elmarié 3070



(WhatsApp: 082 414 5842)

Indien jy belangstel, kontak my om jou naam en eenheidnommer op die lys te plaas en ook vir die korrekte spelling van jou naam.

If you are interested, please contact me so that I can add your name and unit number to the list and verify that it is spelled correctly.

Naam | Name

BRONBERG

INWONER/RESIDENT

***Congratulations to Albert Jacobs (1239) and Vivien van Niekerk (1141)
on completing the Midmar Mile***



Towards the end of 2025 I managed to get Vivien Van Niekerk interested in swimming as part of our physical health program. She joined me at Virgin Active at the end of November for her first swimming exercise.

Vivien is also not a natural swimmer. She swims a strange breaststroke. However, she started with a few laps and was soon able to swim 500 to 800 m in reasonable times during regular gym visits. Vivien swam her first long distance at the Prime View Seeding (1 200 m) event for Midmar - finishing in good time.

We entered Midmar for the Teams Event on Saturday 7 February. The weather was perfect for the swim.

At the age of 70 (just short of 71), Vivien attempted the Midmar Mile in an amazingly short time (basically 2 months) since starting to swim in December 2025 and finished in a great time of only 54 minutes 20 seconds.

Albert Jacobs (1239)





Let us climb
ladders
and pick up
your heavy
curtains &
carpets

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re-hang

Phone Francis 071 224 9313



Bronberg Retirement Estate



Everything we touch turns to sold

PROPERTIES WANTED
THINKING OF SELLING?
GIVE ME A CALL!!



Houses for Sale

R2 950 000 - 3 Bed 2 Bath 2 Garages Solar - **Under Offer**
R3 100 000 - 3 Bed 2 Bath 2 Garages Solar

Apartments for Sale

R1 100 000 - 2 Bed 1 Bath 1 Carport
R1 260 000 - 2 Bed 1 Bath 1 Carport
R1 200 000 - 2 Bed 1 Bath 1 Carport - **Under Offer**
R1 350 000 - 2 Bed 1 Bath 1 Carport - (Ground floor) - **Under Offer**

Rentals

R8 000pm - 1 Bed 1 Bath 1 Carport - **Rented**
R8 500pm - 2 Bed 1 Bath 1 Carport
R9 500pm - 2 Bed 1 Bath 1 Carport - **Pending**
R12 500pm - 2 Bed 1 Bath 1 Garage 1 Carport - **Rented**



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50's

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Available Sizes
S/M/L/XL/XXL

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Die wonder van Natuurfotografie



Olifante in Etosha

Natuurfotografie is in sy wese die uitbeelding of dokumentering van die ongerepte natuur-omgewing wat onder andere wildlewe, voël-fotografie en landskappe insluit. Wêreldwyd word die kunsvorm toenemend in 'n emosionele verband geïnterpreteer omdat 'n al groter gedeelte van die aarde deur die mensdom beset en selfs vernietig word. Natuurbewaring moet 'n wêrelddoelwit word!

Weens die skoonheid van die skepping, word natuurfotografie algemeen as 'n belangrike medium gebruik om bewaringsdoelwitte te bevorder. Ons belangstelling in natuurfotografie, veral diere en voëls, strek reeds van

kindsbeen af, waar die plaaslewe en veral besoeke aan die Krugerwildtuin ons liefde vir die natuur gevestig het. Ons het sonder twyfel groot dankbaarheid vir die baie, baie klein bydrae wat ons tydverdryf/stokperdjie in die verband gespeel het en hopelik nog in die toekoms sal kan speel.



Gemsbokgeveg in Etosha

Daarbenewens is ons aktief betrokke by georganiseerde fotografiese aktiwiteite in Suid-Afrika en in die buiteland, veral in die Verenigde Koninkryk, Duitsland en Oostenryk. Ons is reeds net meer as 40 jaar lede van die Fotografiese Vereniging van Suid-Afrika (FVSA/PSSA), asook lede van een van Pretoria se fotografiese organisasies wat ook by die FVSA geaffilieer is. Ons belangstelling het die geleentheid gebied om, spesifiek vir hierdie tydverdryf, heelwat rond te reis van Alaska tot noord van die Arktiese sirkel in Noorweë. Die uniekheid van hierdie deel van die wêreld is dat die son gedurende die somertydperk nooit ondergaan nie. In teenstelling hiermee kom die son gedurende die winterseisoen vir drie maande nooit op nie.



Die wonder van Natuurfotografie (Vervolg)

Vanuit 'n natuur- en wildlewe oogpunt was ons besoeke aan die natuurparke van suidelike Afrika, wat lande soos Mosambiek, Zimbabwe, Kenia, Tanzanië, Botswana, Kgalagadi en die "kroonjuwele" van Namibië insluit, sonder twyfel die hoogtepunt van ons natuurreis.



Jakkalsgeveg: Etosha



Klein Singvalk: Kgalagadi

Indien daar belangstelling in Bronberg vir die "natuurskatte" van veral Afrika is, sal ons met graagte nog van ons foto's en ervarings deel.

André en Annette Ligthelm (3194)



Loraine Botha | 082 850 8057

BRONBERG AFTREELANDGOED

Alleenmandaat
3 Slaapkamers, 1 motorhuis +
solar – hoekerf
R2,180 MIL

Deelmandaat
2 Slaapkamers, 1 motorhuis,
groot privaat tuin
R1,950 MIL

Woonstel
2 slaapkamers, grondvloer
R1,250 MIL

WOONSTEL TE HUUR

A blok – R10280 pm
2 slaapkamers met uitsig!

A WORD TO OUR ADVERTISERS

Advertisements ensure the existence of a newspaper, a weekly or monthly. The Editorial Staff of our monthly newsletter, *Bronberg Brokkies and Snippets*, therefore really appreciates your support in this respect. We invite other businesses, private practitioners, especially those in our area, Bronberg, Olympus etc., to place your advertisements with us. In Bronberg Retirement Estate the monthly newsletter is read by more than 600 residents.

Please contact *Lulu Fisher* by e-mail (luluf@mweb.co.za) for details regarding the various options and cost of advertising.

Editor

FRANNA

- ✳ Ek bied basiese opleiding en inligting aan in rekenaargeletterdheid.
- ✳ Wiskundeklasse vir alle grade op skool.
- ✳ Vervoer na winkels, dokters, besighede en lughawe. 🚗 Ek sal ook saam met u wag tot nadat aankope gedoen is en behulpsaam wees met pakkies. 🌂
- ✳ Ek doen ook basiese hersteldienste by u aan huis bv. portrette en gordyne opsit, lekkende krane en los skroefies en werkies. 🔧

Skakel. 0810698320

SUDOKU

(Oplossing op bladsy 21)
(Solution on page 21)

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

Lulu Fisher (3292)

Ons volgende Môreemark vind plaas op
Saterdag 7 Maart 2026.

Die daaropvolgende Môreemark vind plaas op
Saterdag 4 April 2026.

Indien jy belangstel om jou produk/te by enige van die Môreemarkte uit te stal, kontak gerus vroegtydig vir **Hennie Ackermann** (voor die 26ste van die voorafgaande maand) om jou tafel te bespreek:

3225 (Interne telefoon)

082 891 6404 (Selfoon)

Per e-pos by:

hackermann192@gmail.com

Die koste is as volg:

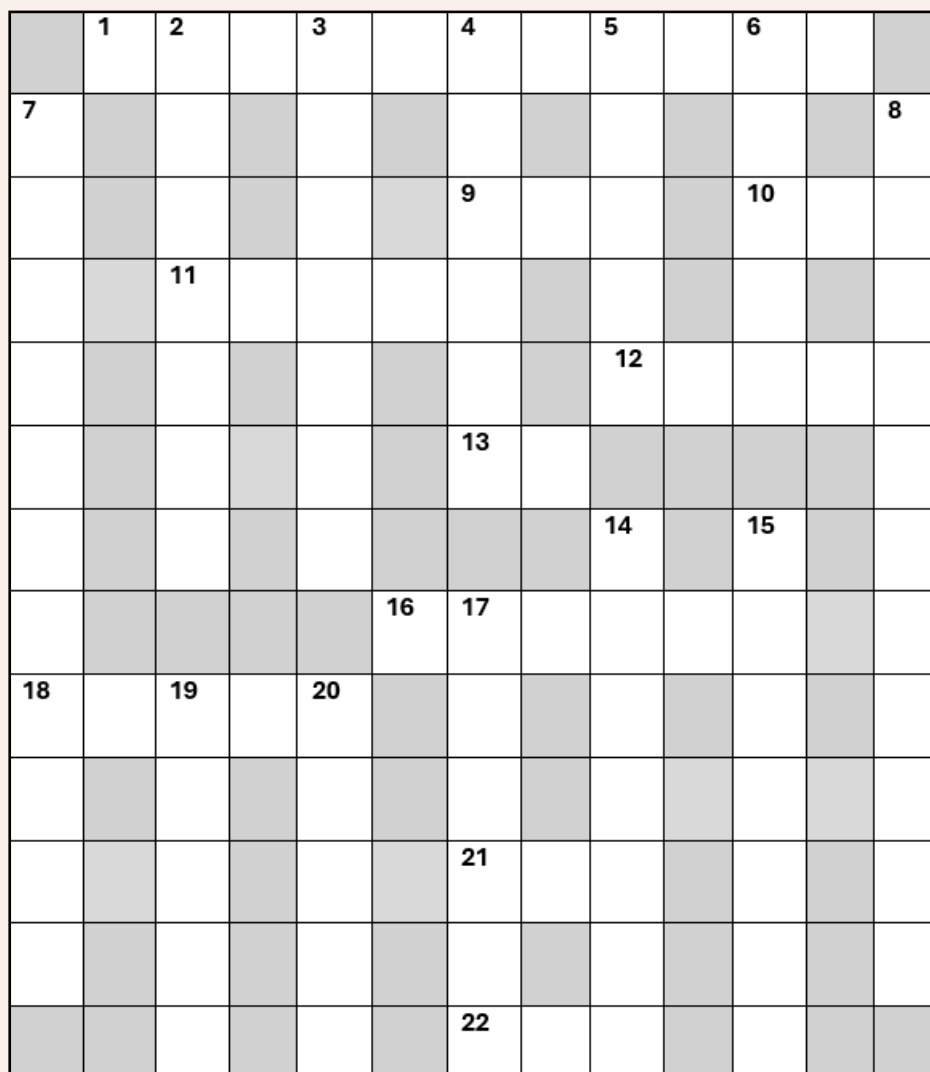
R120 vir 'n lang tafel (1.8 m x 0.9 m)

R60 vir 'n kort tafel (0.9 m x 0.9 m)

Indien die lang tafels vol bespreek is, plaas ons 2 kort tafels teen mekaar.

Blokraai

[deur Lulu Fisher (3292) - Oplossing op bladsy 25]

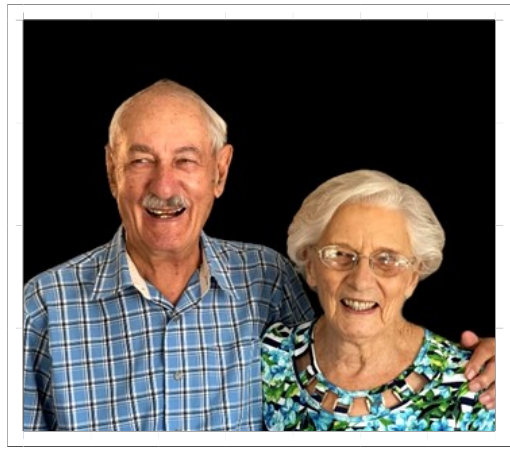
**DWARS:****AF:**

- 1 Toestel wat die tyd en duur van aardskokke aangee (11)
 9 Rivier op die grens van China en Kazakstan (3)
 10 Uitgestrekte soutwatermassa (3)
 11 Korting (5)
 12 Baie rook (5)
 13 Afkorting vir Senior Advokaat (2)
 16 Klank voortbring (6)
 18 Studentejolyt (5)
 21 Afkorting vir Atletiek Suid-Afrika (3)
 22 Berispe (3)

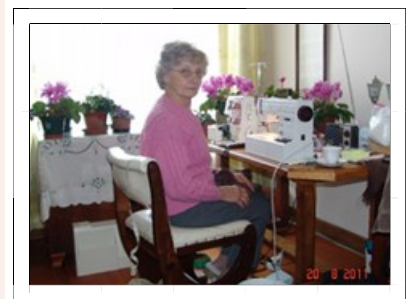
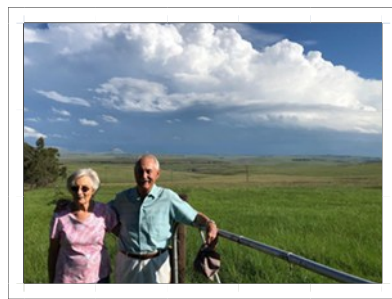
- 2 Gebied van 'n Arabiese vors (7)
 3 Smokkelkroeg (7)
 4 Oorontsteking (6)
 5 Verhalend (5)
 6 Uitstalling (5)
 7 Oneweredig (11)
 8 Deursypeling (11)
 14 Iemand wat grond eet (7)
 15 Skedel (7)
 17 Afgeplat aan weerskante (6)
 19 Klein hoeveelheid vloeistof, met 'n enkele beweging geskink (5)
 20 Bosluisvoël (5)

Gert en Sontie Odendaal

Gert en Sontie Odendaal se paadjie saam het as 'n skoolkys begin. Verlede jaar het hulle die 65-jarige herdenking van hul huwelik gevier – in April vanjaar 66 jaar!



Hulle kom beide van Vrede. Sontie is elke dag van Bothasberg na Warden met 'n perdekar skooltoe en terug vervoer totdat haar Pa later 'n Studebaker aangeskaf het. Toe sy op sesjarige ouderdom by die laerskool in Vrede moes skoolgaan en in die dorp moes bly, het sy weggeloop. Sy het haar in die polisieersant vasgeloop wat haar tuis besorg het. Haar Pa moes van die sersant gehoor hoe sy dogter "gered" is. Dit was die laaste wegloop en Sontie het goed aangepas. Sy onthou nog die wonderlike Juffrou Sheldon wat vir haar klas gegee het. Sy onthou ook hoe hulle vir netbalwedstryde na Warden en Reitz agterop 'n vragmotor met 'n seil oor die bak moes ry. By die Pretoria Onderwyskollege het Sontie haarself as onderwyseres bekwaam, met die fokus op huishoudkunde en naaldwerk. Sy het vir baie jare skoolgehou.



Tydens my besoek aan Gert en Sontie kon ek heerlike vrugtekoek wat Sontie self gebak het, geniet. Sy het ook dikwels konfyt gekook en haar stokperdjie is naaldwerk. Die meeste van die klere wat sy dra, het sy self gemaak.

Gert het by die Universiteit van Pretoria as 'n tandarts gekwalifiseer. Hy het die voorreg gehad om sy beroep as tandarts te beoefen en terselfdertyd ook te boer. Die plaas waarvan die sandsteenopstal in 1890 gebou is, is geleë in die pragtige Oos-Vrystaat tussen Vrede en Harrismith. Tydens die verskroeiende-aarde beleid tydens die Anglo-Boereoorlog is die opstal wonderbaarlik nie verwoes nie. Gert hou steeds op 'n afstand gebeurte op die plaas dop deur middel van kameras op die plaas. Na hul seun, Hendrik, se aftrede het hy die boerdery by Gert oorgeneem. Hul dogter, Ena, is 'n mediese spesialis in Amerika en hul ander seun, Pieter, 'n periodontis in Engeland.

Gert het baie daartoe bygedra dat die Drakensberger as egte beesras in Suid-Afrika erken word. Ook wat die beskerming van swartwildebeeste betref, het hy 'n groot rol gespeel. Gedurende 1970 was daar slegs so-wat 1 080 swartwildebeeste wêreldwyd. In daardie stadium het Gert 180 van die skaars swartwildebeeste op sy plaas gehad. Daar is steeds baie wild op die plaas.

Die plaas is geleë in 'n gebied waar die Britse magte tydens die Anglo-Boereoorlog op Generaal Christiaan de Wet jag gemaak het. Gert het ook betrokke geraak by die inrig van 'n museum oor die Anglo-Boereoorlog op die plaas Schuinshoogte. Hy het 'n lewendige belangstelling in die geskiedenis van dié oorlog en het veral

Gert en Sontie Odendaal (Vervolg)

gehelp om wapens wat tydens die oorlog gebruik is vir die museum te bekom, soos die 7.63 mm ("besemstok/broomhandle") Mauser pistool en die .303 Martini Enfield karabyn.



Sontie word op 1 Maart 2026 90 jaar oud en Gert op 16 November 2026. Hartlik geluk en mag jul verdere verblyf in Bronberg, soos julle jul lewe beskryf, geseënd wees.

Philip Jacobs (3308)

Prettige definisies

HUWELIKSERTIFIKAAT:

'n Soort jaglisensie wat jou tot een bok beperk.

KREDIETKAART:

Iets wat die meeste mense gebruik wanneer hulle ontdek geld kan nie alles koop nie.

VLEISBRAAI:

'n Partytjie waar die kos so 'n bietjie rou is en die gaste so 'n bietjie gaar is.

WITTEBROOD:

Die vakansie wat 'n man neem voor hy vir 'n nuwe baas begin werk.

ALMANAK:

'n Kaart waarop jy kan sien hoe om by Kersfees uit te kom.

BABA:

'n Soort engel waarvan die vlerke korter word namate die bene langer word.

BABAWAENTJIE:

Verlede jaar se pret op wiele.

BELASTING:

Die beloning vir energie, harde werk en spaarsamigheid.

GESINSVAKANSIE:

Wanneer jy alles saamneem waarvan jy eintlik wil wegkom.

KORTPAD:

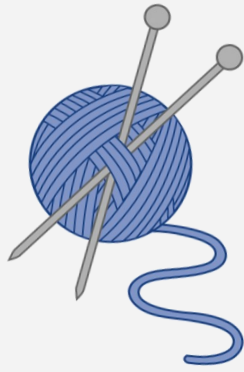
'n Pad waarop jy niemand kan kry om jou te sê waar jy is nie.

Bron Onbekend

Ingestuur deur

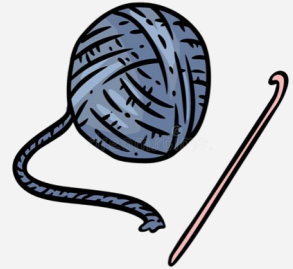
Jan de Beer (3116)





Daar is wol beskikbaar by Doulien (huis 82) en Vicki (huis 160) vir die vlytiges. Ons brei of hekel blokke vir komberse of hele kniekomberse, asook koningsblou of grys mussies, serpe en moffies (*mittens*) vir 'n laerskool. Ons is ook op soek na vrywilligers wat kan help om die blokke aanmekaar te werk of te hekel vir kombersies. Baie dankie aan al die inwoners wat altyd bereid is om te brei en te hekel. Ons stal weer op Saterdag 14 Maart vanaf 09:00 brei- en hekelwerk uit by die mediasentrum vir almal om te waardeer en te geniet.

Doulien Knopjes (3082)



On Thursday mornings at 10:00, Doulien will collect items for charity at Reception. Items and wool may also be delivered at house 82 at any time.



Jou Aftree-oord spesialis



Behaal 'n gemiddeld van

96%

van die vraprys met die verkoop van die laaste drie eenhede in Bronberg Aftreelandgoed.

PIETER VD MERWE

BSc (QS) + MBA (UP)

083 273 5407

pieter.vdmerwe@seeff.com

Word Search

Z	D	B	H	D	G	L	Y	H	U	B	L	V	Z
D	M	C	A	A	S	H	U	I	K	O	E	I	P
I	D	A	K	L	R	R	B	T	F	S	R	H	X
D	Q	L	N	U	A	P	E	X	E	O	H	U	J
D	T	S	D	D	F	L	M	B	A	Z	U	E	W
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E	L	P	C	U	Q	L	D	I	H	C	U	A	I
Y	B	A	N	J	O	F	I	D	K	K	I	K	U
B	V	Z	R	Z	P	M	Z	N	L	A	T	H	Q
O	I	U	K	U	L	E	L	E	C	E	A	V	I
W	O	S	A	N	T	O	O	R	E	M	R	L	N
Y	L	G	X	K	M	V	W	F	L	D	W	Y	Q
J	I	Z	I	T	H	E	R	U	L	L	R	R	C
W	N	S	P	H	Y	Z	L	C	O	X	F	E	W

BALALAIKA
BANJO
VIOLIN
MANDOLIN
GUITAR
CELLO
VIHUELA
FIDDLE
LYRE
ERHU
SANTOOR
ZITHER
REBEC
DIDDLEY BOW
LIUQIN
UKULELE
HARP
LUTE

Lulu Fisher (3292)

***Happy Birthday to all who celebrate their birthdays in
March Blessings from all of us.***

***Hartlike gelukwense aan elkeen wat in Maartmaand
gebore is. Seënwense van ons almal.***



***Meegevoel /
Condolences***

It has come to our attention that some of our residents have lost a loved one during the past few weeks. We wish to offer our sincere condolences. May you find peace and consolation and experience God's presence every day.

Ons het van die verlies van 'n geliefde van enkele inwoners gedurende die afgelope paar weke verneem. Ons betuig hiermee ons opregte meegevoel. Mag u berusting vind en ons Vader u troos en dra in hierdie besonder moeilike tyd.

Redaksie/Editors

Voel asseblief welkom om
Dienie Guthrie (3072), Sybil Basson (1104) of Corrie Naudé (3053)
te kontak indien u graag 'n versoek vir
voorbidding aan die Gebedsgroep wil rig

Lede van die Sosiale Komitee

Wilco Beukes (Voors.)	3147	Desirée Morgan	3017
George Pearson	1121	Riana Ackermann	3225
Elsa Ferreira	3305	Hanna Kotze	1227
Doulien Knopjes	3082	Jakkie Beukes	3147
Hester Naudé	3053	Rita Smit	3269
Christa Roux	3231	Anna du Plessis	3230
Hennie Ackermann	3225	Esther Smit	3237
Estelle Fölscher	3198	Johan Fölscher	3198
Jan de Beer	3116	Vivien van Niekerk	1141
Albert Jacobs	1239	Renier Jansen van Rensburg	3138
Lianné Jansen Van Rensburg	3138	Nakkie Watkins	1129
Mariana Stanbury	3090		

Kontak gerus een van hulle as julle voorstelle wil maak of hulp wil aanbied by die Môremark

HELPEDE HANDE EN GEMOEDSRUS-RITTE

Ek bied betroubare vervoer na:

Dokters, hospitale, winkels, lughawens,
of enige plek waar jy ookal wil wees.
Kwotasie op aanvraag.

Ek doen ook klein huisherstelwerk:

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BELANGRIK

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Geen wegneem etes word toegelaat nie.

Memories of Six Days in The Emerald Isle — Part 1 (July - August 2006)

Ireland is known for a tapestry of lush green landscapes (hence the nickname "Emerald Isle"); dramatic coastal cliffs bordering the wild Atlantic Ocean; medieval castles; traditional Irish music and dance; myths and legends. The Irish people are warm, hospitable and friendly. We were fortunate to experience all of this on our six-day round trip of Ireland. I must also mention that in Ireland pubs aren't just places to drink, but are often the heart of the community and in smaller villages and towns serve as a place for people to gather, chat, share a meal and make new friends. This is especially so during the long harsh winters.

We were four travelling companions and this was our first visit to Ireland. Mal had an international drivers' licence so we decided to hire a car and sat with a map planning an itinerary. We were advised not to pre-book accommodation as there were plenty of B&B's in the villages and towns we may have reached towards evening. In this way we were free to travel and stop at our leisure. It was summer so the days were longer and we could travel until quite late before it got dark. We planned a round trip travelling south from Dublin, down the east coast, round the south and up the west coast and then back to Dublin.



Dublin Pub



Dublin street

On board our Aer Lingus flight from Heathrow, my husband found a pamphlet advertising the live performance of "Riverdance" at a theatre in Dublin. He was determined to see if we could still get tickets as we were spending one night in a hotel in Dublin before setting off on our road trip. After collecting our rental car at the airport, we found our hotel (without the help of Google or GPS) checked in and made our way to the centre of town, crossing the famous Liffey River. (The Liffey River apparently has a "good" and a "bad" side!) All the streets and shops were colourfully decorated with masses of flowering hanging baskets. By then, it was lunch time and we discovered there was no shortage of pubs to choose from. They all displayed their menus in the window so we were able to choose a meal and price to fit our budget! After a quick lunch (and of course a beer) we walked to the Gaiety Theatre and were fortunate enough to still get tickets for the evening performance of "Riverdance". They weren't the best seats, but we couldn't miss this once in a lifetime opportunity to see the show.

Walking back to the centre of town we passed Trinity College, the oldest university in Ireland, founded in 1592. We were free to wander around the grounds and saw the unusual modern bronze sculpture "Sphere within a Sphere". The outer sphere is often interpreted as representing Christianity while the inner sphere is the earth. The cracked interior aptly suggests a complex and fragile world.

Back at our hotel, the reception staff suggested we should take a taxi to and from the theatre as it would be quite late after the performance and we would be walking in a dubious part of town on the other side of the Liffey River.

"Riverdance" was an unforgettable performance celebrating traditional Irish dancing, music and songs depicting the forests, hills and



Sphere at Trinity College

Memories of Six Days in The Emerald Isle — Part 1 (Continued) (July - August 2006)

crashing of the wild waves of the Atlantic Ocean with the full moon adding to the effect. Riverdance originated as an interval act during the 1994 Eurovision Song Contest and its popularity grew from there to global success. The dancing, known as step dancing, involves very fast-moving footsteps wearing hard-soled shoes.



Kinsale

After breakfast the next morning we left the hotel, driving south, aiming to reach Kinsale, a harbour village in the south. After what felt like an hour after leaving the hotel we were still in Dublin and realised we were going round in circles as we soon recognised the same landmarks. We weren't wrong because Dublin uses ring roads. We eventually found the right exit and were soon out of the city on the road into the country.

Our next stop was the town of Waterford in the south-eastern part of Ireland and renowned as the country's oldest city (founded by Vikings). We decided we had time to stop at the world-renowned



Waterford Crystal

Waterford Crystal factory. The factory was founded in 1783 and previously manufactured the famous Wedgwood range of products. We were just in time for a guided tour. It was fascinating to watch the crystal-making process, including hand blowers shaping the crystal glass. The completed items on display included an enormous standing grandfather clock and huge world rugby and golf trophies. Our guided tour also included sculpturing, cutting and engraving. We left without buying any souvenirs as they were outrageously expensive.

We continued our trip (the road was not busy) and decided to stop at a country pub for a bite to eat. There was no shortage of pubs to choose from as they were found all along the road. The owner was friendly and very chatty – obviously pleased to have company and eager to hear where we came from.

We reached Kinsale and were fortunate to find a B&B overlooking the harbour. Kinsale is a fishing and harbour town on the southern coast of Ireland and serves as the gateway to the coastal route known as the "Wild Atlantic Way" which is a 2 500 km coastal driving route along Ireland's west coast. We took a walk down to the centre of town. What a quaint, lovely little village with narrow streets which were lined with rows of the most colourfully painted shops and houses adorned with brightly coloured flowering hanging baskets and window boxes. They say that the rainbow-painted shops and houses of Kinsale will give the Venetian Island of Burano a run for its money. Many years later when we visited Burano it brought back memories of the rainbow-coloured buildings in Kinsale.

There was no shortage of restaurants to choose from as Kinsale is known as the "Gourmet Capital" of Ireland. We settled for fish and chips which was highly recommendable. After dinner we took a stroll down to the harbour which is sheltered by steep green hills. It was drizzling and heavy mist hung over the harbour when we walked back to our accommodation.

The next morning after a hearty "English" breakfast we took the road back into Cork. Our destination was the medieval Blarney Castle. The castle was built in 1446 and in partial ruin but most famously known for the legendary Blarney Stone. This is a huge stone set in the wall at the top of the castle. The myth is that if you kiss the stone its magic will gift you with eloquence – or simply put, "the gift of the gab"!

The stone is a million-year-old piece of Irish limestone. One legend has that it is Jacob's pillow brought from the Holy Land, while another legend states that it was a gift from a witch who cast a spell on the stone to thank the Lord



Blarney Castle

Memories of Six Days in The Emerald Isle — Part 1 (Continued) (July – August 2006)

of Blarney who had saved her from drowning. Another myth is that the stone was given to the Lord of Blarney by a Scottish King in gratitude for providing soldiers to fight in a war. Whatever legend you wish to believe, if you want the gift of eloquence, you must kiss the stone!



Kissing Blarney Stone

To kiss the stone, one has to lean backwards over the parapet, hold onto two bars while your feet are held by a guide. The stairs up to the stone were steep and became narrower. The queue was long and moved very slowly. My three fellow travellers were undaunted and determined to acquire the gift of the gab, but I chickened out and I was also not keen on the idea of kissing a stone that millions of people before me had kissed. I must admit that after 20 years I have not observed any improvement in their speech!

In the meantime I took a stroll around the beautifully manicured gardens. The trees, shrubs and lawns were a palette of greens. The huge trees must have been as old as the castle. In the Rock Garden I saw the strangest rock formations.

After an hour we were on the road again leaving behind this ancient castle shrouded in myths and legends looking quite eerie standing tall in the mist and heavy rain.

Lynette Hazelhurst (3134)

**Stay true to
yourself. You can't
change people's
minds, but you can
change your own
destiny by
believing in your
worth and keeping
your head up high**



Liefde is meer as 'n gevoel —
dit is 'n keuse, 'n leefstyl, 'n weerspieëling van
God se hart.
Wanneer ons liefhet met geduld, sagtheid en
genade,
word gewone oomblikke heilig en eenvoudige
gebare dra ewigheidswaarde.

God se liefde hou ons vas wanneer ons moeg
raak,
dra ons wanneer ons struikel,
en leer ons om ander lief te hê soos Hy ons
eerste liefgehad het.
Mag elke hart hieraan herinner word:
jy is gesien, jy is gekies, en jy is diep geliefd. ❤️

Laat alles wat jy doen,
in liefde geskied.

Sent in by Rieka Mitton (1323)

Dinsdag 17 Maart '26
14:00 – Mandoliensaal



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Filgraannetwerke

Het 'n mens se baie lang jare van lewe iets daarmee te make –
hierdie onverwagse denke en herinneringe aan
soms skynbaar
onbenullige mosterdsaadjies wat in die gemoed
uitswel?

Jy is per slot van rekening al meer as dertig jaar
afgetree;
jy woon in 'n aftreeoord
waar jy bevoorreg is om volledig versorg te wees,
met insluiting van 'n eie huis en tuin;
jy is begenadig om die dae saam met
jou liefdevolle, sorgsame vrou
rustig te kan deurbring;
jou tyd is grootliks jou eie om
produktief aan te wend of te verspil.

Somtyds por daardie onverklaarbare in jou
emosionele en verstandelike samestelling jou aan
om dit neer te pen, soos nou met my.
(Of is dit dalkies – na die Engelse spreuk –
'n geval van 'n klein verstand
wat hom met onbenullighede besighou?)

(Hoe dit ook sy:)

Langer as 'n week gelede al verskyn daar
uit die verre diepte van my kinderjare
'n beeld in my geestesoor van
die fyn gesmede goue filigraan
van een van my moeder se juwele
in haar klein versameling.

Aan die fraaiste gehekelde kantwerk
van moeder, grootmoeder of ander vroue
herinner dié juwele in filigraan van moeder my;
(wat sou ooit daarvan geword het? ...
want 'n dogter om te erf, was daar nie.)

En ek sien die soms eeuelange erfenis van
die kunstige skepping
van kosbare juwele, ook filigraan –
baiekeer in klein, primitiewe werkwinkeltjies ...
en tog bewonderenswaardige vakmanskap.

Jy kom tot stilstand, buig jou hoof
uit respek vir die oordrag en voortsetting
– van geslag tot geslag –
van tradisionele vakkundige kunstenaarskap ...
dikwels skeppings deur

onpretensieuse, beskeie anonieme ware
kunstenaars.

Die fyn, kunstige, ordelike vervlegting van filigraan
haak in my geestesoor vas
(ek sien die patroonmatigheid),
Is – wie weet –
analoog met innerlike menslike samestelling:
Die uiters komplekse neurologiese netwerk in die
brein,
wonderbaarlike filigraanagtige netwerke van die
fisiologie ...
van bloedvate, fyn senugestel, buislose klierstelsel.
Elke stelsel, orgaan 'n funksionele wonderwerk.

Voorts bevind ons onself as mens-dier in 'n wye
natuur,
eweneens gevul met eindelose netwerke van lewe
waarvan ons onontkombaar deel vorm.

Van geboorte af bevind die mens hom in
die koesterende nukleus van die kerngesin,
'n groeiende klein netwerk van
emosionele, fisieke, geestes-, sosiale verbindings –
wat allens uitwel en uitkring
tot groter netwerke tydens
migrasie op onvoorspelbare lewensweë.

Heel eerste verskyn by my die beeld van die filigraan
van 'n delikaat-gesponne spinnerak met
glinsterende
doudruppels daaraan in die vroeë môreson ...
hoe bekoorlik is die natuur, ook in die klein.

Kyk op 'n wollose nag op na die vonkelende
silwer sterrefiligraan van die uitspanseel –
en oordink die uitsonderlikheid van
ons ewig-swewende woonplek as deel van die
kosmos ...

Nou het die era van hoogwetenskap en
hoogtegnologie
op die horison gedaag – met saamhangende
ontwikkende
wêreldwye kunsmatige netwerke,
as't ware in nabootsing van natuurlike netwerke.

Al meer word ons deur die massamedia van die dag
bewus gemaak van hoe ons aarde kunsmatig
toegerank word deur ruimtestasies,
kommunikasiesatelliete,

Filgraannetwerke (Vervolg)

spioenasie- en wetenskaplike navorsingsatelliete – soos om binne-in 'n vir die blote oog onsigbare filigraanballon te verkeer.

Ter ondersteuning van netwerke van kunsmatige intelligensie wat om die aardbol en dieper en dieper in ons wonings en in die buiteruimtelike reik, word akkersvol kragtige elektroniese datasentra opgerig, soos dié van Microsoft naby La Esperanza in Sentraal-Meksiko en van Amazon in Noord-Virginië, VSA;

die datasentra van megategnologiesdiensverskaffers verbruik al soveel as 20% van elektrisiteitsopwekking in Ierland – ter illustrasie van die reeds bestaande omvang.

Die netwerke sal ongetwyfeld bly uitbrei en vermenigvuldig.

Hiertoe het my moeder se filigraanjuwele my

gevoer.

Stephanus van Wyk (3066)

Nota:

Die betekenis van "filigraan": "'n Delikate en ingewikkelde ontwerp gemaak van gedraaide metaal-drade, tipies silwer of goud. Dit is 'n dekoratiewe tegniek wat behels die vorming en soldering van dun metaaldrade in uitgebreide patrone — algemeen gebruik in juweliersware, metaalwerk en dekoratiewe kuns."



Sudoku Oplossing / Solution (van bladsy 8 / from page 8)

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

Lulu Fisher (3292)

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R 75

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R 75

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CHICKEN PASTA

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CHICKEN SCHNITZEL

R 85

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R 85

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Serves 6

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Steak Strips, Boerewors Slices, Samosas, Chicken Wings, Sausage Rolls, Chips

Serves 4

EXTRAS

ONION RINGS

R 15

BACON

R 15

CHIPS

R 30

SALAD

R 30

SWEET POTATO CHIPS

R 35

PAP & SHEBA

R 35

The story of pompom (its 'grand' name is *Campuloclinium macrocephalum*)

I think most people walking around the vlei in recent weeks noticed the pink flowers peeping out of the quick growing grass. Pompom... When I saw them, I offered to help supervise the digging out of the pompom. Years ago, my husband Stefan was involved in the search for natural enemies of pompom. I was thrilled to notice, when looking closely, that there were deformed flowers and stems around – and realised that the special Argentinian thrips were present!

Some background

Around the mid-80s people first noticed these pink flowers next to the highway near the Voortrekker Monument. Today the area around the monument is still pink! Pompom is now found in most provinces of South Africa, and it was declared a noxious weed that must be eradicated by law. Seeds of the plant, indigenous to South America, must have been brought to South Africa illegally around the 60s by an unknown gardener who was probably impressed by the flowers somewhere in a South American country, and illegally brought seeds home and planted them. When the plants eventually seeded, the seeds ended on a compost heap, or the wind dispersed them! By the way: about 60% of all declared invasive plants are garden escapes...



Pompom in a Magaliesberg wetland

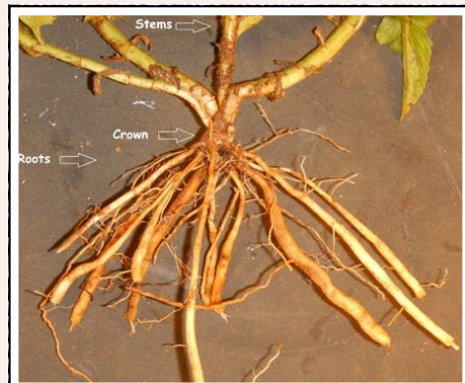
Facts about pompom

Pompom is a member of the aster family (Family Asteraceae), so each flowerhead can produce many seeds. The plant also has a survival skill in that the stems are attached to the roots by a 'crown' (or rootstock), which stays in the soil if the stem is pulled out or dies in autumn. The roots stay hidden underground all winter. The next year the stems grow again from the crown. The roots are also allelopathic, which means they can chemically suppress



Pompom flowerheads

other plants around them. When you want to get rid of the plant for the long term, it must be dug out *roots and all*.



Stems, crown and roots



Seeds

The Weeds Section of the Agricultural Research Council (ARC) was keen to get natural enemies to control the plant, as spraying did not seem to work. It was known by then that an insect or another organism having only one plant as its host (host specific *and* from the country of origin) is the best to consider. It is necessary for them to be collected as immatures to make sure of their identity as

The story of pompom (its 'grand' name is *Campuloclinium macrocephalum*) (Continued)

adults. It is quite a demanding process for the researcher: collecting immatures during the day, feeding them at night. Every evening there are more 'nappies to change' and young 'worms' to feed! And then it takes *years to identify and test them*.

Natural Enemies for pompom

Thus, a search was on for an insect or other natural enemy to import from South America that would attack *only* pompom. The thrips were first spotted and collected on pompom by the Argentinian researcher Fernando Mc Kay (FUEDEI) in 2004, and in 2005 by Andrew McConnachie from the ARC. They are red when young, black when adult, 2-3 mm in length, and not easy to spot. Their scientific name is *Liothrips tractabilis*. After many years of study and testing, the thrips were declared safe to release. And then they eventually found their way to our vleis all by themselves!



Adult thrips



Deformed young flowers showing thrip

A rust fungus, later confirmed to be *Puccinia eupatorii*, was found on pompom in Gauteng. It can be seen as small black spots on the leaves. It spreads well, and though it does not stop the plant from

flowering, it affects the overall health of the plant.



Rust fungus



Moth

A beautiful small moth, *Cochylis campuloclinium*, was collected as larva in Argentina in 2003 by my husband Stefan (ARC) and Fernando Mc Kay. It was found to be safe after many years of study and released in 2022 in the Magaliesberg Biosphere. It is spreading slowly but surely, as it has only one generation per year.

Our very serious garden worker, Peter, did his best and succeeded in digging out all the pompoms he could find, roots and all. You may not see many more pink flowers this summer, and hopefully none next year. Some affected *young* flowers were kept and will be left around the vleis for thrips to infect any missed or later emerging plants. And an eye will be kept out for any new pompom plants!

Fluit-fluit my storie is uit

Otti Nesor (3222)



Microscope; fieldwork

Bronberg tuine en estetika

Ons is almal dankbaar vir die heerlike reën vanaf Desember tot nou toe en daarmee saam die mooi groen gras en welige plantegroei in die oord. Ongelukkig, as gevolg daarvan, het sekere bome ook ongelooflik gegroei!

Ons gee dringend aandag aan klagtes in hierdie verband en verstaan inwoners se frustrasies.

Die skade aan die gras wat vervang is, herstel mooi kry ook prioriteit-aandag van my, Jaco en ons tuinspan. (Ons vra om verskoning in verband hiermee.)

Dankie vir almal se samewerking betreffende die waterbeperkings — ons weet dit is nie altyd maklik nie.

Ons is baie dankbaar dat Ottie Neser haar hulp aangebied het om te adviseer in verband met die inheemse, uitheemse en endemiese plante op die koppie en in die vleiland. Sy is 'n persoon met uitstekende kennis in verband met die indringerplante en die verwydering daarvan. Dankie Ottie — ons waardeer jou ongelooflike kennis, tyd en bystand.

Die Vleiland sal ook weer binnekort gesny word en sal dan netjies vertoon vir die herfs- en wintertyd

wat voorlê.

Onkruidbeheer word voortdurend toegepas en daar is baie goeie samewerking van DSMG se tuinonderhoudspan.

Uit 'n estetiese oogpunt wil ek graag almal herinner aan die belangrikheid van die privaat voordeuraansig. Dit moet te alle tye toeganklik wees vir nooddienste asook ambulanspersoneel — nie te veel potte en plantjies, beelde, ens. nie. *"Less is always more."*

Met almal se samewerking, maak ons Bronberg Aftreelandgoed 'n lekker en rustige plek om te bly, met die vriendelikste inwoners!

Groete

Marietha Jonker (3312)
Tuine & Estetika



Blokkraai oplossing (van bladsy 9)

	1	2		3		4		5		6		
	S	E	I	S	M	O	M	E	T	E	R	
7												8
A		M		J		T		P		K		P
							9			10		
S		I		E		I	L	I		S	E	E
			11									
I		R	A	B	A	T		E		P		R
									12			
M		A		E		I		S	T	O	O	K
							13					
M		A		E		S	C					O
									14		15	
E		T		N					G		K	L
					16	17						
T					F	O	N	E	E	R		E
18		19		20								
R	A	S	I	E		B		O		A		R
I		K		G		L		F		N		I
							21					
E		E		R		A	S	A		I		N
S		U		E		A		A		U		G
							22					
		T		T		T	U	G		M		

Loslaat

Loslaat: Die Genade in die Aanvaarding van Verandering

Daar was 'n tyd toe ons geglo het ons het beheer oor alles — ons dae, ons kinders, ons loopbane, selfs die rigting van die lewe self. Ons het versigtig beplan, styf vasgehou aan drome, roetines, mense. En miskien was dit toe nodig. Die lewe het ons gevra om te bou, om te sorg, te lei, te beskerm.

Maar stadig maar seker skuif die lewe.

Een vir een begin die dinge wat ons so styf vasgehou het, weg te glip — nie altyd met pyn nie, maar soms met stille waardigheid.

Die kinders word groot en trek weg — nie uit minagting nie, maar omdat hulle hul eie lewens moet bou.

Geliefde huise word verkoop, nie omdat hulle nie gekoester is nie, maar omdat dit moeiliker geword het om daardie trappe te klim.

Ons rolle — as bestuurder, moeder, ingenieur, onderwyser — vervaag in die agtergrond, soos name wat in sagte sand geskryf is.

En dan is daar 'n oomblik — 'n stil middag, miskien — wanneer ons rondkyk en besef: die lewe het verander.

Die mense wat ons elke dag gebel het, stuur nou boodskappe. Die gesigte rondom ons is nuut. Selfs ons eie weerkaatsing dra sagte lyne wat ons nooit opgemerk het nie.

Maar in plaas van hartseer, begin iets anders intrek.

'n Soort vrede.

Ons verstaan, stadig, dat loslaat nie oor verloor gaan nie. Dit gaan oor ruimte maak — vir stilte, vir vrede, vir besinning.

Loslaat beteken om ons harte toe te laat om herinneringe sonder kettings te dra.

Dit beteken om te aanvaar dat ons nie meer die middelpunt van die wêreld is nie — maar ons is steeds deel daarvan, diep en pragtig.

Loslaat is nie swakheid nie. Dit is genade — die genade van die rivier wat vorentoe vloei, nie die rotse weerstaan nie, maar rondom hulle dans.

Dit is in hierdie jare — wanneer die wêreld

stiller word — dat ons die ware krag van aanvaarding leer.

Ons hou minder vas, maar ons voel meer.

Ons jaag minder na, maar ons waardeer meer.

Ons praat minder, maar wat ons sê dra diepte.

En so sit ons by die venster, drink ons tee en glimlag — nie omdat die lewe perfek was nie, maar omdat ons geleef het, ons liefgehad het en ons laat gaan het ... met grasia.

Skrywer onbekend

Ingestuur deur

Jan de Beer 3116



Source: Facebook (Tested)

*Sent in by
Lulu Fisher (3292)*

Kom deel 'n maklike resep met ons lesers / Share an easy recipe with our readers

Deel jou getoetste resep met ons lesers — stuur jou resep
(saam met 'n foto van die voltooide produk) per e-pos na luluf@mweb.co.za

Share your tested recipe with our readers — send your recipe
(together with a photograph of the finished product) by e-mail to luluf@mweb.co.za

Delicious Date & Nut Muffins



Ingredients:

- 125 g Butter, room temperature
- 100 g Sugar
- 2 Eggs
- 350 g Mashed banana (approximately 6 bananas)
- 1 Teaspoon Vanilla extract
- 250 g Flour
- 1 Teaspoon baking powder
- 1 Teaspoon bicarbonate of soda
- 100 g Pitted dates
- 100 g Pecan nuts
- 1 Tablespoon castor sugar
- 2 Teaspoons ground cinnamon

Metode:

1. Preheat oven to 180°C and line muffin tray with liners.
2. Soak dates in boiling water until soft, then puree and set aside.
3. Beat butter and sugar until light and creamy, then add the eggs one at a time—beat well after each addition.
4. Beat in bananas and vanilla extract.
5. Sift dry ingredients, then stir into the banana mixture.
6. Fold in the date puree and the pecan nuts.
7. Fill the muffin cups to approximate three-fourths, sprinkle with cinnamon sugar and bake for approximate 25 to 30 minutes.

Source: Facebook—South African Family Recipes (slightly amended)

Sent in by
Lulu Fisher (3292)

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Alle artikels vir die volgende nuusbrief moet, verkieslik, op die laaste teen die 18de dag van die voorafgaande maand by die Redakteur ingehandig word, om te verseker dat dit betyds nagegaan/gekeur en verwerk kan word.

In order to check/ approve and process articles in time for the next newsletter, it should, preferably, be submitted to the Editor by no later than the 18th day of the preceding month.

Dag / Day	Vroegoggend / Early Morning	Midoggend / Mid-Morning	Namiddag / Afternoon
Sondag / Sunday	9:00 Kerkdiens / Church Service		
Maandag / Monday	9:00 Lyndansklas In Mandoliensaal / Line dancing class In Mandolin Hall (Beginners)	10:30 Pilatesoefeninge in die Mandolien-saal / Pilates Exercises in the Mandolin hall	14:00 2 & 16 Maart Bybelstudie in Mandoliensaal / Bible study in Mandolin Hall 16:00 Sit & Fit in Mandoliensaal / Mandolin hall
Dinsdag / Tuesday	08:15 CareVita#fit Exercise classes in Mandolin hall	10:00 Bybelstudie in Mandoliensaal	14:00 Rummikub in "Games Room", Block A, 1st floor, next to the Laundry 14:00 17 Maart Maatskaplike werker praatjie In Mandolien-saal / Social Worker talk In Mandolin hall
Woensdag / Wednesday	9:00 Bussie na Woodlands Inkopiesentrum / Bus to Woodlands Mall 9:00 Kerkdiens / Church Service		
Donderdag / Thursday	8:00 Sit & Fit in Mandoliensaal / Mandolin hall	10:30 Lyndansklas (gevorderd) in Mandoliensaal / Line dancing class (advanced) in Mandolin hall	13:30 Handwerkgroep by Biblioteek / Handwork Group at Library 14:00 Rummikub in "Games Room", Block A, 1st floor, next to the Laundry
Vrydag / Friday	08:15 CareVita#fit Exercise classes in Mandolin hall 09:00 Bussie na Olympus Checkers / Bus to Olympus Checkers		14:30 Bingo in dining room