



# RYNPARK **N**UUSBRIEF RETIREMENT ESTATE NEWSLETTER



## FEBRUARY - LOVE IS IN THE AIR



February is often known for being a month dedicated to and all about love.

But February is not only about valentines and sweethearts; instead it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others.

Research shows that helping others can be good for our mental health - **doing good does you good!**

We therefore want to challenge residents to dedicate the whole of February to random **acts of kindness** towards fellow residents (in any park).

### Examples of things you can do:

- Call a fellow resident that you haven't spoken to for a while.
- Send someone a handwritten note.
- Make someone laugh.
- Send a motivational text to a fellow resident who is not well.
- Put a surprise note or drawing on someone's front door.
- Reach out to spend time with a fellow resident who is experiencing loneliness.
- Have a clear out and take items to our charity shop in RP1 (Toeka).
- Get to know a new resident.
- Give praise to a staff member for something they've done well.
- Forgive someone who has wronged you.

Please share with us if you were on the receiving end of such an act of kindness - it will be kept anonymous.  
Send a whatsapp or sms to 082 520 6879.

By Annemarie Haasbroek

IT'S VALENTINES DAY LETS WRITE A POEM,  
WHO CAN MAKE IT THEIR OWN?  
ALL RESIDENTS ARE WELCOME TO GET THEIR CREATIVE JUICES  
FLOWING AND WRITE A POEM ABOUT LOVE.

ALL POEMS MUST BE IN BY THE  
9TH OF FEBRUARY.  
THE WINNER WILL GET THE HONOUR OF BEING  
PUBLISHED IN RYPARKS'S NEWSLETTER.

PLEASE HAND IN YOUR POEMS TO SONIA AT RP6  
FRAILCAIRE.

CONTACT LEDINE/CHANELLE ON 776080  
OR VICKY ON 7024 FOR MORE INFO

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**RYNPARK MANAGEMENT**

Geagte inwoners, neem asb kennis dat Dr Phil Erasmus weens gesondheidsredes as trustee bedank het. Tydens 'n onlangse Raadsvergadering is Peps Pretorius van RP4 in die vakante pos as trustee aangestel.

Dear residents, please note that Dr Phil Erasmus has resigned as trustee due to health reasons. During a recent Board meeting, Peps Pretorius of RP4 was appointed in the vacant position as trustee. Rynpark Management.

Die nuwe voorsitter van RP4 is Abie Marnewick.

Manicures & Pedicures

Hospice Talk

Stalls

Market Day  
@ Rynpark 4

27 April 2024

Live Music

LINE DANCING

**Enquiries & Stall Bookings:**

**Thelma Hartzler x7421 or 084 952 0538**



## NEW RESIDENTS

Rynpark Management would like to welcome our new residents to the Estate.

Rynpark 1 - 3 Freesia - Anna Kruger

Rynpark 1 - 4 Eucaluptus - Pricilla Duval

Rynpark 1 - Petunia K11 - Gertruida Brink

## BIRTHDAYS IN FEBRUARY

# 90+

**Congratulations** to all our residents who are celebrating their 90+ birthdays in February!

- 4 (90) - Marabel Fargher, Harmony Home
- 7 (91) - Philip Venter, - Snyman Home
- 7 (96) - Eva Thorton - Harmony Home
- 13 (96) - Maureen Pawson - Harmony Home
- 21 (100) - Isabella Hendriks - Harmony
- 23 (91) - Jacob Naude - RP5, Unit 22
- 24 (96) - Hendrika Bauscher, Harmony
- 26 (93) - Miam Glen, Snyman Home
- 28 (90) - Peter Verrall, RP6, Unit 50

## OORDENKING / MEDITATION *deur Jan Lubbe*

### SLAGGATE

'n Tyd gelede ry ek en my vrou van Dullstroom na Lydenburg. Die pad was baie sleg, vol slaggate(potholes). Ons moes stadig ry, soms in die regterbaan en soms selfs op die grond langs die pad. Dit was 'n nare ondervinding. Toe dink ek aan Jesaja 40 waar daar staan: Maak vir die Here 'n pad, 'n grootpad vir ons God! Elke laagte moet opgevol, elke berg en rant moet gelykgrond word! As ek of jy 'n pad sou wees, hoe sou ons lyk? Vol slaggate van die sonde of 'n gelyk grootpad vir die Here? Dink maar hoe lekker ry jy as daar geen slaggate is nie, maar 'n gelyk grootpad! Laat ons Jesus dank dat Hy vir ons sondes gesterf het en so ons sondeslaggate opgevol het en ons nou 'n grootpad vir ons Vader kan wees! AMEN

### POTHOLES

A while ago my wife and I drove by car from Dullstroom to Lydenburg. The roads were very bad, full of potholes. We had to travel very slowly, sometimes on the right-hand side of the road and sometimes even on the gravel next to the road. It was a very bad experience. It was then that Isaiah 40 came to mind: Prepare the way of the Lord: Make straight a highway for our God! Every valley shall be filled up, and every mountain and hill be brought low! If you or I should be a road, how would we look? Full of potholes of sin or a straight highway for our God? Just think how nicely we travel if there are no potholes, just a straight highway! Let us thank Jesus that he died for our sins and thus took away our sinpotholes so that we can be a highway for our Father! AMEN





RYNPARK GARDEN CLUB by Sandra Jakobi

Like plants, love needs water to grow. Like soil, love needs the right nourishment to flourish. Like flowers, love needs light to thrive.

The silly season is over and thankfully everything is returning to normal (except of course Eskom). I trust everyone enjoyed this time with family and friends.

Tips for February:

- Deadhead annuals and perennials so that they keep flowering as long as possible.
- Sweet-peas can be sown at the end of the month. Soak the seeds overnight in warm water before sowing directly into a well-prepared trench. The key to success is enriched and well-drained soil.
- Cut back overgrown herbs to encourage fresh new growth. Freeze or dry snippets for use during winter.
- Perk up any room in your home with a potted plant. Benefits of house plants include boosting oxygen and moisture levels in the air. Streptocarpus (Cape Primrose) are ideal for lightly shade patios or indoors.
- Remember this tip – if a plant looks awesome for a while but does not want to stay prisoner in a pot forever, let it go and try something else.
- Sow seeds of early flowering winter and spring annuals in seedling trays. These seeds are aquilegias, foxgloves, pansies, violas, Iceland poppies.
- Start harvesting ripe seeds of flowering plants. Remember to store the seed in paper bags, not plastic bags or containers.
- To ensure masses of flowers in winter, mulch around hellebores that are pushing new growth.
- If you have Staghorn ferns feed with a liquid fertilizer and mist spray them regularly. This applies to all fern type plants.
- Keep feeding summer bulbs to enable them to store enough food to flower again. If their leaves are tatty, tie them together in a bunch. Don't cut them off until the plants are completely dormant.

- Ants everywhere – use Seizer 80 sc. It is odour and colourless.
- Rose care – renew mulch. If it rains a lot spray with Chronos to prevent black spot on leaves. Control pests with Ludwigs Insect Spray. Drench the underside of leaves as well.
- Remember don't expect faster results by overfeeding – stick to the instructions on the packaging. Mix only what you need and discard any leftover mixed soluble fertilizer. Liquid fertilizers can either be applied as a soil drench around the roots of plants or as a foliar spray covering the stems and underside of the leaves. Only do this during the cooler parts of the day.
- Fertilizers – there are 'the leaf makers' which are products high in nitrogen for leafy plants, and 'the flower and fruit makers' which have a high potassium content for flowering plants.
- Feed dahlias with bulb food and remove faded flowers. Also keep them well staked to stop them toppling over.
- If you love hanging baskets but dread the constant care needed for a conventional flowering basket, rather use the prostrate pork bush.
- If you constantly have to weed your lawn, check the soils PH. If it is on the acid side, a light sprinkling of agricultural lime will help reduce the number of weeds: it's also said to be a deterrent to ants.
- It is a good idea to thoroughly flush your potted plants with plain water now and again. Put your plants under cold water in your shower. This will clean their leaves of dust. The theme for our newsletter this month is LOVE, so I have found a few quotes that are appropriate. Enjoy.  
'Life is the flower for which LOVE is the honey.'  
Victor Hugo  
The love of gardening is a seed once sown that never dies.  
Remember Cosmos symbolizes love and passion.





**TOEKA** is our very own charity shop situated at Rynpark1, supporting the Rynpark Welfare Fund. Donations of goods are gratefully accepted.

**SHOP HOURS: 09:00 - 12:00**  
 Wednesday, Thursday & Friday  
 Contact Rosa: 082 824 0734

**PLEASE DONATE**

We request that, where possible, residents who upgrade to a new cell phone please donate their old one to **TOEKA** to hand to other residents who do not have, or cannot afford to buy a cell phone.



**EMERGENCY NUMBERS ONLY AFTER HOURS**

**Manager on Duty:**  
 083 497 1657

**Maintenance on Call:**  
 083 734 2008

**NUUSBRIEF NEWSLETTER**

E-mail: riana@rynpark.co.za  
 WhatsApp: 082 520 6879

**NOTE:**

**SEND** your stories, jokes **and maximum 3 photo's**, etc for publishing the following month

**Theme for March edition:**  
 "March Madness - fun, laughter..."

**~~~NB!! Cut-off for submissions~~~**  
**25 February 2024 @ 10:00!!**

**IMPORTANT / BELANGRIK**

**Watering times/Natleitye:**

1 Sept - 28 Feb  
 07:00 - 09:00 | 16:00 - 18:00

**!!! PLEASE BE SAFE !!!**

Our residents are very special to us, so please don't put yourselves at risk by climbing ladders or getting on to the roofs. If there is anything that needs to be done, kindly log a call with maintenance.



**SPEED LIMIT**

A Reminder to ALL Residents and Visitors!!! There is a speed limit within the Retirement Village. Please be mindful of pedestrians. The "speed humps are not there to challenge you, but to SLOW YOU DOWN!"

**FRIKKIE STALS**

Frikkie is op 4 Januarie 1928 in Ermelo gebore en is tans die oudste inwoner van Rynpark 5. Sy het op 'n plaas groot geword waar sy eers in 'n plaasskool was voordat sy dorpskool toe is. Sy was die middelste van drie kinders, een suster en een broer. Sy het Snelskrif, Shorthand en Tikskrif studeer. Na haar troue het sy by die munisipaliteit van Edenvale gewerk. Sy het 2 seuns, 1 dogter, 7 kleinkinders en 3 agterkleinkinders. Haar man is gedurende 1982 oorlede. Gedurende 1989 koop sy haar huis hier in Rynpark vir die hoë prys van R60,000! Frikkie geniet haar verblyf hier in Rynpark en sê as gelowige het sy baie ryke herinneringe van haar lewe van meer as 96 jaar!

*Deur: Jan Lubbe*

**’N TITANIC-VERHAAL**

Op 10 April 1912 het Jeremiah Burke en sy niggie Nora Hegarty van Ierland, by Cobh, vandag Queenstown, aan boord Titanic gegaan.

Dit was die laaste stop tydens die nooiensvaart na New York. Die twee negentienjarige wou 'n nuwe toekoms in Massachusetts in die VSA bou.

Voor sy vertrek het Jeremiah se ma vir hom 'n botteltjie "heilige water" gegee. Hy en sy niggie was twee van die meer as 1500 mense wat in die vroeë oggendure van 15 April 1912 omgekome het toe die skip teen 'n ysberg bots.

Voor die Titanic gesink het, het Jeremiah vinnig 'n nota op 'n stukkie papier geskryf, dit in die botteltjie gesit en sy skoenveters om dit vasgemaak en oorboord gegooi.

Meer as 'n jaar later het die botteltjie 'n paar kilometer van sy tuisdorp, Glanmire, Cork, uitgespoel. Iemand, wat met sy hond gaan stap het, het dit opgetel en aan die polisie oorhandig. Hulle het dit vir die Burke-familie gegee.

Kate, Jeremiah se ma, het haar seun se handskrif en ook die botteltjie herken. Die agt woorde "From Titanic, goodbye all, Burke of Glanmire Cork" was die laaste boodskap wat van Titanic gestuur is.

*deur Arina Lubbe*



**HOW DO YOU LIVE YOUR DASH?**

I read of a man who stood to speak at the funeral of a friend.

He referred to the dates on her tombstone from the beginning to the end.

He noted that first came the date of her birth, and spoke of the following date with tears, but he said what mattered most of all was the dash between those years.

For that dash represents all the time that she spent alive on earth, and now, only those who loved her, know what that little line is worth. For it matters not, how much we own, the cars, the house, the cash. What matters is how we live and love and how we spend our dash.

So think about this long and hard: are there things you would like to change? For you never know how much time is left that can still be rearranged. If we could just slow down enough to consider what is true and real and always try to understand the way other people feel.

Be less quick to anger and show appreciation more and love the people in our lives like we have never loved before. If we treat each other with respect and more often wear a smile, remembering that this special dash might only last a little while.

So when your eulogy is being read, with your life's actions to rehash, would you be proud of the things they say, about how you spent your dash?

**Love Yourself**

COME AND JOIN US, AS WE LEARN AGAIN, OR FOR THE FIRST TIME, THAT WE ARE WORTHY OF SELF-LOVE.

HOW DO WE LOVE OURSELVES?

morning talk with guest speaker  
**Pam Van Niekerk**

**27th February** **10:00 am**

**RYNPARK 1 HALL**

LIGHT REFRESHMENTS WILL BE SERVED

CONTACT LEDINE/CHANELLE ON 7780 OR VICKY ON 7024 FOR BOOKINGS.

PLEASE MAKE YOUR BOOKING BY THE LATEST 19<sup>TH</sup> OF FEBRUARY



**My husband thinks I'm crazy ...but I'm not the one who married me!**

aunty acid  
facebook.com/auntyacid

**RYNPARK CAROLS**

The Rynpark Choir sang Christmas Carols on Thursday 14 December at Rynpark 1 Hall which was full of people who came to listen to the Carols, beautifully sung by the choir as well as the stunning solos. I am sure these brought tears of happiness to many in the audience. The evening concluded with the Choir singing "We wish you a Merry Christmas".

On 9 December the Choir sang at Rynpark 4 Frail care in the morning and in the afternoon at Rynpark 6 Frail care.

For me singing at the Frail care centres is the very best. Just to see the joy on their faces, and see them singing along with us in the choir.

I need to make a special thank you to Lorraine Olley, who was the conductor and who kept us all on our toes during rehearsals.

Also to Nanda, our pianist. You were fantastic. We look forward to doing it all over again in 2024. *Jean*



**NEW YEAR'S EVE DANCE @ RYNPARK 1.**

Very enjoyable. Residents from other parks also attended. Prosperous New Year to all.





**RYNPARK 2 AND 3 NEW YEAR'S EVE**

On 31 December Rynpark 2 and 3 held a New Year's Eve party with the theme being "A Mauritian evening."

There were about 40 people there, and what a party it was.

As usual Robin was in charge of the music and the words to all the songs went on the TV so everyone could sing along with him.

People were dancing and singing and the dance floor was full of happy people. The clock was turned back so that at 10 pm. we could gather together and sing 2024 in with gusto. It was the best New Year I have had in years.

My thanks go to Lorraine, Robin and all who attended to make it such a special evening. Jean.

**NEW YEAR'S EVE BRING & BRAAI - RYNPARK 6**



**NEW YEAR'S EVE - RYNPARK 2 & 3**



**Below:** Those wonderful ladies of the **Rynpark 7 knitting group** had a sale of their beautifully made goodies that are always so perfectly created. Well done to all involved. We are so proud of you. Thank you.



**RYNPARK 6 NEW YEAR'S EVE**



**RYNPARK 6 - NEW YEAR'S EVE**

**RYNPARK 7 - CHRISTMAS LUNCH**



**RYNPARK 7 - CHRISTMAS LUNCH**



## RYNPARK 1 - Park Representative: Willem Muller 7060

Park	Activity	Day	Time	Volunteer
RP1	Arts & Crafts - (Tania pick up)	Monday	09:30-12:00	Lifestyle Team
RP1	Scrapbooking	Monday	14:00-16:00	Vicky Koekemoer 7024
RP1 Hall	Groovy Girls (Exercise with music)	Tue & Thurs	09:00-10:00	Maureen 072 142 0480
RP1	Fabric Painting	Tue & Thurs	10:00-12:00	Martie Potgieter 7225
RP1	Putt-Putt	Wednesday	10:00-12:00	Vicky 7024 & Sally 7309
RP1	Arts & Crafts	Wednesday	09:00-12:00	Lifestyle Team
RP1 Hall	Chair Exercises	Wednesday	14:00-15:00	Veronica 7175
RP1	Library	Wed & Fri	09:00-12:00	Library
RP1 Hall	Bible Study	Thursday	10:00-11:00	Ds Trevor Johnson
RP1 Hall	Bingo	Thursday	14:00-15:00	Vicky 7024 & Poppie 7016
RP1 Hall	Rummikub & Games	Friday	14:15-15:30	Vicky 7024 & Poppie 7016
RP1 Hall RP5 Hall	Church Service <b>Please Note: The service of the 4 Feb will be held in RP 5 hall</b>	Sunday <b>4 Feb</b>	11:00-12:00	Ds Trevor Johnson

## RYNPARK 2 - Park Representative: Keith Ablett 7329

Park	Activity	Day	Time	Volunteer
RP2 Dingler	Knitting Group	Monday	14:00-15:30	Antoinette Kruger 7357
RP2 Dingler	Chair Exercises	Tuesday	09:00-10:00	Jean Downing 7341
RP2	Library	Tuesday Friday	14:00-16:00 10:00-12:00	Renette Watkins 7321
RP2 Dingler	Bingo	Tuesday	14:00-15:00	Joan Hendriksen 7305
RP2 Dingler	DVD's Library	Wednesday	09:00-11:00	Pikkie de Beer 7230
RP2	Putt-Putt	Wednesday	10:00-12:00	Vicky 7024 Sally 7309
RP2 Dingler	Bible Studies	Thursday	10:00-11:00	Chris Goosen 7262
RP2 Dingler	Rummikub	Thursday	14:00-15:00	Mick 7263 Jean 7341
RP2 Dingler	Darts	Friday	14:00-16:00	Wiliam Grobbelaar 7296

### RYNPARK 4 - Park Representative: Abie Marnewick 7406

Park	Activity	Day	Time	Volunteer
RP4	Chair Exercises	Monday	14:00-15:00	Veronica Schoultz 7175
RP4	God's Hour	Wednesday	10:00-11:00	Ds Alberts Jooste 084 601 8914
RP4	Knitting Group	Wednesday	13:30-16:00	Penny McDonald 7388
RP4	Line Dancing	Thursday	09:00-10:30	Judy Gerber 7436
RP4	Oil Painting	Thursday	13:30-15:30	Joan Midgley 7380
RP4	Games	Friday	14:00-16:00	Thelma Hartzler 7380

### RYNPARK 5 - Park Representative: Pierre Muller 7564

Park	Activity	Day	Time	Volunteer
RP5 Hall	Line Dancing	Monday & Fri	08:30-10:30	Jenny Cloete 7580
RP5 Activity Room	Arts & Crafts	Monday	14:00-15:30	Carol Wilson 7574
RP5	DVD Library	Tuesday	14:00-15:00	Carol Wilson 7574
RP5	Line Dancing for Beginners	Tuesday	13:00-14:00	Jenny Cloete 7580
RP5	Garden Club	1st Sat each month	11:00-12:00	Sandra Jakobi 7391
RP5 Activity Room	Rummikub	Thursday	14:00-16:00	Libby Heiden 7521
Outside	Chi Kong	Thursday	09:00-10:00	Heather Fraser 7496
RP5 Snooker	Snooker	Everyday	09:00-16:00	Hennie Oosthuizen 7746
RP5 Gym	Gym	Everyday	06:00-15:00	Johan Botha 7503
RP5	Library	Everyday	Anytime	Geoff Smart 7562
RP5	Movie	Every 3rd Friday of the month	10:30-13:30	Chanelle 7780 & Carol 7574
RP5 Gym	Biokinetics Gym Class	Friday	12:30-13:30	Nadine Harding 082 302 2359

**RYNPARK 6 - Park Representative: Coert Van Der Merwe 7648**

Park	Activity	Day	Time	Volunteer
Rynpark 6 Lapa	Sundowners	Monday	16:00-18:00	Minnie Koster 7648
	Games	Tuesday	14:00-16:00	Minnie Koster 7648
	Jukskei	Tue & Thu	14:00-16:30	Susan Jacobs 7457
	Exercises	Thursday	09:00-10:00	Olivia Belcher 7634
	Arts & Crafts	Friday	09:00-12:00	Christine Bremner 7684

**RYNPARK 7 - Park Representative: Barry Badenhorst 7718**

Park	Activity	Day	Time	Volunteer
Rynpark 7 - Club House	Bingo	Monday	10:00-12:00	Chanelle Smith 7780
	Beginners Bridge	Monday	13:00-14:00	Tony & Rose Metzger
	Bridge / Socials	Monday	14:00-15:00	Tony & Rose Metzger
	Knitting Group	Tuesday	14:00-16:00	Pam Champion 7715 Pat Karshagen 7690
	Sonneblom	Every 3rd Tuesday	09:00-12:00	Maggie Geldenhuys 7727
	Chair Exercises	Wednesday	09:00-10:00	Heather Fraser 7496
	Men's Social Club	Every 2nd Wednesday	14:00-17:00	Steward Sim 7741
	Bible Studies	Thursday	10:00-11:00	Elma Venter 7726

**OVK Registrasie vir Verkiesing - IEC Registration for Election**

Neem asb kennis dat die OVK die 3e en 4e Februarie beskikbaar gaan wees in **Rynpark 1 saal** vir registrasies. Maak asb van hierdie geleentheid gebruik.

Please note that the IEC will be available on the 3rd and 4th February in the **Rynpark 1 hall** for registrations. Please make use of this opportunity.

GET YOUR GAME FACE ON FOR MARCH - MADNESS



# BOERESPORTS DAY



BOEREWORS ROLLS FOR SALE



DATE: 15<sup>TH</sup> OF MARCH

TIME: 10:00 AM

VENUE: RP4 SERVITUDE

Which Park can walk away as the winning team?

**BOOK YOUR TEAMS BEFORE TIME RUNS OUT. MUST BE A TEAM OF 4.**

**CUT-OFF DATE FOR TEAM BOOKINGS, 8<sup>TH</sup> OF MARCH**

CONTACT LEDINE/CHANELLE ON 7780  
OR VICKY ON 7024 TO MAKE YOUR BOOKING.

WIN AWESOME PRIZES



**RYNPARK**  
Our Mobile Mammogram unit is making its way to your location

**19 & 20**  
FEBRUARY 2024

RYNPARK  
RETIREMENT ESTATE

WE CLAIM FROM ALL  
MEDICAL AIDS.  
CASH PRICE:  
R1100.00

Remember: Mammograms do NOT come from your yearly day-to-day or savings funds. All medical aids give females 1x PREVENTATIVE SCREENING benefit yearly or every 2nd year.

ENQUIRIES  
 013 935 3051

**RAHANT**  
diagnostic imaging

**FIRST HOLE-IN-ONE**

Well done Frans Smit! First hole-in-one for Frans, 2nd one for this year for Tiptol.



**MOST FUN PHOTO COMPETITION**

Everyone knows that Rynpark is the retirement estate with the most fun.

We will be running a competition to find the best photo that expresses the most fun.

So start taking those breath-taking photo's!



**BABY BOX PROJECT**

These beautiful pieces of work were created by the members of the Rynpark 2&3 knitting group for the baby box project.

All made with added love and care. We are so grateful for your love and dedication.



**My mother taught me TO APPRECIATE A JOB WELL DONE.**



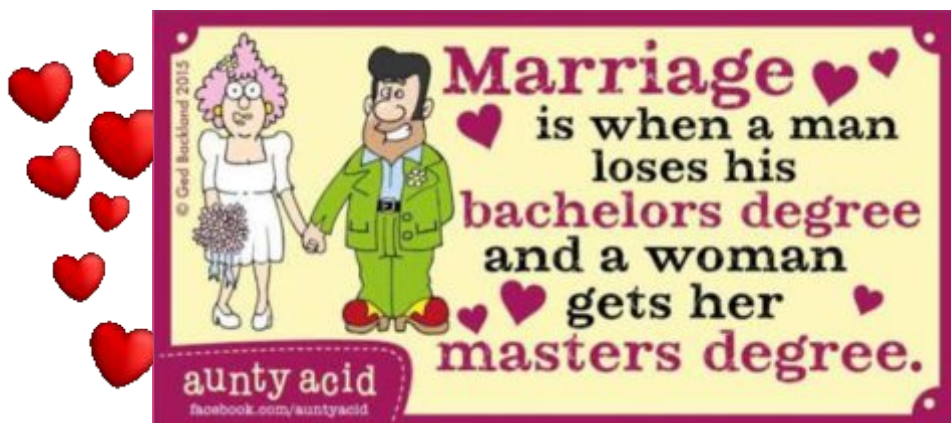
“If you’re going to kill each other, do it outside. I just finished cleaning!”



Visitors with eggs in my garden. RP5 Unit 98

MIX AND MINGLE - RYNPARK 1

Rynpark 1 held their first get-together on the 13th January in the braai area. Those that attended enjoyed the early evening mingle!





**RYNPARK 2 RESIDENTS - VISIT TO ELANDELA PRIVATE GAME RESERVE***By Margaret Hare*

In October 2023 a small group of Rynpark Park 2 residents and friends were very fortunate to spend a few days at this beautiful place. Join me as I reminisce.

**WEDNESDAY**

We left Rynpark around 5:30am arriving safely at our destination at lunch time. Our group was warmly welcomed by the staff and shown to our chalets to freshen up before lunch.

The accommodation was tastefully decorated, furnished and equipped. In the centre of the room was a large four poster bed complete with mosquito netting, and side tables, also coffee and tea facilities, mini bar, a couple of elegant chairs and a desk with wifi.



The bathroom included both indoor and outdoor showers, a large spa bath, his and hers

vanity basins and two towel stands with white dressing gowns draped over them. Outside, there was a patio which overlooked the dam, with a small dining table and two comfortable chairs to sit on and watch the game that wandered by, which included resident hippos and a crocodile!

The main dining room had a similar theme of decor as the chalets. Our lunch and all the meals were tasty and beautifully presented with a great variety at the evening meals. They also cater for individual needs. The evening meals started with soup and bread rolls in the shape of a hippo and another time a hedgehog. The staff were very attentive to any needs we had and nothing was too much trouble for them.

Later after lunch on the first day we were taken for our first game drive with our designated driver, Richard, who looked after us throughout our stay. He was very knowledgeable about all the animals and the flora, pointing out special features of certain trees and plants we came across. There was plenty of game to be seen, amongst them were giraffes, zebras, impalas, warthogs and steenboks. Part of the reserve was out of the main gate and across the main road and through another entrance gate. This is where the white lions have their home. About ten minutes inside the gate we came upon them, all just lying around, some asleep, one or two managed to lift their heads as we drove a little closer to them. There were three young ones, one a bit more inquisitive than the others who got up and came a bit closer to the vehicle for a better look at us. After a short while "mommy" lion came over, and he went back and joined the rest of the small pride with her. After a while we made our way slowly back towards camp, stopping along the way for a cold drink, a stretch and a quick bush visit for those who were needy and brave enough. We arrived back with enough time to freshen

## RYNPARK 2 RESIDENTS - VISIT TO ELANDELA PRIVATE GAME RESERVE

up and have a quick drink of something cold in the bar before supper. The meal was excellent, and dessert was even better! After dinner, some folks lingered over coffee, others went to check on the day's photos they had taken and others were just plain tired after a very long, hot enjoyable day.

### THURSDAY

Setting off early for our game drive, we again saw plenty of animals, including buffalo, bushbuck, nyala, monkeys, squirrels and mongoose and more of the same animals as the previous day. After a few hours drive we were ready for a break, stretch, coffee, rusks and a leisurely chat. Carrying on from there, there was plenty more plains game to be seen. We were surprised at the number of giraffes we came across. On arrival back at our chalets we again had time to freshen up before the drums were rolled announcing breakfast was ready. There was plenty of choice for breakfast, all beautifully cooked and presented again. The time between breakfast and lunch was our own to just relax and do whatever we wanted. I know a few of us had a snooze after a very busy day yesterday... The day progressed much the same as yesterday. This time on the afternoon drive we were looking for the three white rhinos. When we did find them they were on the trot one behind the other through the bush. It was not an easy job keeping up with them in the safari vehicle but we did it with the good driver we had. The owners of the reserve also run a white rhino protection programme along with the white lions. We were hoping to see a leopard but sadly he kept evading us. It was another hot day, so our bush break with a cold drink and stretch were most welcome. We saw plenty of interesting birds along the way. Evening was closing in as we arrived back at camp. Another sumptuous meal awaited us at supper.

On our way back to the chalets after supper we usually saw zebras and impalas grazing around

the chalet area. In the very early morning the hippos could be seen out of the water grazing on the opposite side of the dam. Occasionally during the day the crocodiles could also be seen on the bank lying out in the sun. One day we watched a giraffe come down to the dam for a drink. A lovely peaceful place to be.

### FRIDAY

Before the sun rose, we set off for a day trip into the Kruger Park. Just after leaving, a short distance along the main road we were very excited to see seven wild dogs coming up the road towards us. They slowed down a bit while they were close to the vehicle having a good sniff around it. After a good few minutes they moved off trotting away as quickly as they had come. A few minutes later a couple of hyenas also came up the road but didn't slow down as the dogs had done. Quite a nice start to the journey.

Orpen gate was our entry into the Kruger and we made our way down to Satara camp, seeing plenty of the plains animals as well as elephants, kudu, buffalo, a black backed jackal, nyala, waterbuck and bushbuck. At Satara day visitors camp we had a bush braai under the thatched boma. Arriving back at Elandela we had lunch and an afternoon game drive. What a packed itinerary!

### SATURDAY

We set off for another early morning game drive into Elandela after which we enjoyed a leisurely breakfast before packing our bags ready for the return trip to Rynpark. What a wonderful few days we had with a lovely group of people, and a big thank you to Keith Ablett for organising a memorable trip for us all. And, to Cathy for the wonderful photographs she took and the collages she sent to us all. Thanks also to our superb driver, Catherine, from Y-Drive for chauffeuring us to and from Elandela.

**JOIN THE FUN AT THE  
RYNPARK WALK IN THE PARK**



**20 JANUARY 2024**

We were blessed with wonderful weather again on the 20th for the Walk in the Park.

It was so nice to make new friends while walking through the gorgeous gardens. If you haven't joined us yet please come and join us. It's a lovely outing. You'll really enjoy it.

**Come and join us every month for a lovely walk in the park and enjoy the fabulous gardens of Rynpark.**

Spend a morning surrounded by beautiful gardens

**When:** On the **17th FEBRUARY** at 10am.

**Where:** Starting and ending at Rynpark 6.



The walk will be 2.6 kms of paved road in a very safe environment.

Leave your car on the servitude outside Rynpark 6 which is on the corner of Parker Street and Struben Street Rynfield. (There will be car guards). Sign in at the entrance to Rynpark 6 and assemble in front of the Rynpark 6 offices.

Arrive early to avoid a rush when signing in.





### **Spookstories uit die Suid Afrikaanse geskiedenis - 3. Tokai Herehuis**

*deur At Mostert*

Aan die bopunt van Tokai-weg waar die straat teen Tafelberg se rugkant doodloop, staan dié indrukwekkende herehuis met sy hoë stoep, vandag die Tafelberg Nasionale Park se hoofkantoor.

Meestal lyk Tokai Manor net soos 'n elegante ou Kaaps-Hollandse gebou en op die meeste aande van die jaar is dit nét dit, maar nié op Nuwejaarsaande nie ...

In die vroeë 1800's is die herehuis deur Hendrik Oswald Eksteen besit. Hendrik en sy seun, Frederick, was gaande oor oproerige partytjies en Nuwejaar was veral 'n groot gedoente al die Kaapse elite wou 'n Eksteen-nuwejaarspartytjie bywoon..

Een jaar het die wyn 'n bietjie té sterk gevloei. Die windmakerige Frederick het by die gaste gespog oor wat 'n goeie ruiter hy is. Natuurlik het een van die gaste die pierewaaier uitgedaag om dit te bewys deur met sy perd by die steil stoeptrappe op te ry en in die onthaalkamer 'n draai te maak en Frederick was natuurlik tog te gretig. Nie lank daarna nie het die klein-Eksteen sy perd by die trappe op gery en by die eetkamer inbars. Vol bravade het hy sommer 'n bottel wyn oopgemaak en vir die perd 'n sopie aangebied, maar die verskrikte dier wou niks weet nie. Daarna het die skouspel na die voordeur se kant toe weggetrek, maar, in sy dronkenskap, op die rug van 'n vervaarde perd en met min houvas op die houtvloer wat vroeër die dag blinkgepoets is, het die paartjie oor die eetkamer se vloer gegly en oor die rand van die hoë stoep getuimel. Die nuwejaarskare se luide toejuiging het vinnig in 'n geskokte stilte verander en van Frederick en sy hings se kant af was daar ook geen geluid meer nie. Frederick se nek het in die val gebreek en sy arme perd moes net daar uitgesit word, die Nuwejaar is met 'n sombere skoot ingelei.

Tot vandag toe weergalm die onreëlmatige galop-geluid van die verskrikte perd se hoewe op die houtvloer en die toejuiging van die skare op Nuwejaarsaande deur die herehuis se vertrekke.

Die enigste blywende bewys van die tragedie wat hier afgespeel het, is die merk van 'n perdehoef wat nog steeds op die eetkamervloer sigbaar is.

## DIE ROEP VAN DIE NAGUIL



Helen lê in die bed en hou die kussing stywer vas. Sy onthou Graaff-Reinet en die Kamdeboo-bos, in die verte, die koppie met messnye in. Die ou Katolieke kerkie en Johannes se asem wat altyd na ou pytabak geruik het. Sy onthou die wolke wat reën belowe het, maar selde gebring het, die groot skadu's teen die sykant van die dorp.

Dan spring haar gedagtes na Muizenberg en die reuk van die see, en die koue, nat winters. Die bekendes in die kafee, elk met hulle eie karaktertrekke. Die winterson wat speels op die see se golwe dans. Dans nes pa Piet, voor hy begin kreun het soos 'n leeu. Toe hy nog sterk was. Sterk om haar elke keer wat hy haar gesien het, te vra: "Wat maak jy klein miss Helen?" Sy draai op haar sy en gooi die kussing op die vloer. Die Karoonag in Nieu-Bethesda is stil en die maan se strale kom net-net deur die klein venstertjie. Haar vingers vryf oor die laken wat sy al lankal wou weggooi. Die

wit is lankal nie meer wit nie – dit het van te veel was 'n aaklige grys geword. Dan raak haar gedagtes stil en vir 'n oomblik maak sy weer haar oë toe.

Terug in Muizenberg en die trein na Kaapstad. Verby St James, Kalkbaai, Clovelly en Vishoek. Sy maak haar oë oop en probeer dit skrefies oop en toe maak om die bruin muurpapier 'n ander kleur te maak. Tevergeefs. Sy haal diep asem en draai weer om op haar rug. Dit help seker nie ek lê hier en onthou die verlede nie, dink sy.

Sy staan op en trek haar klein groen blommetjiesnagrok aan, gryp die grammofoon en die plaat van Chopin se Nocturne terwyl sy haastig na buite stap. Haar gunsteling-stuk musiek. Die lug is skerp en skoon. Die naguil volg haar met sy oë, terwyl sy oor die bruggie stap en probeer onthou wanneer laas daar water in die Gatsrivier was. Haar pa was altyd oortuig dat die rivier nie bedoel was vir kinders nie. Hoekom, weet sy nie. Sy kan die grond voel kraak onder haar sandale en sy stap al vinniger. Die grammofoon is swaar.

Van ver kan sy die toring van die wit kerk sien. Die dorp is stil en dis net die roep van die naguil wat nou 'n geluid maak. Sy besluit om verder te stap. 'n Uur later sit sy die grammofoon neer en begin dit opwen. Sy is uitasem en die sweet drup sagkens

Word vervolg...



A brand new addition to our Newsletter!!!

We want you to share your favourite special recipe with us, but not only share the recipe, but tell us the story behind it and why it is so special to you!

**Every month we will pick a "Winner" which recipe will then feature in our brand new e-recipe book at the end of each year!**

To give this "blog" a kickstart, we are sharing herewith a very special recipe with you and hope you will be inspired to do the same.

Please ensure that your recipe is "typed up" and send it to us with only one photo.

### SJOKOLADE MALVAPOEDING

\*Hierdie een is baie spesiaal want ek het dit by 'n baie spesiale vriendin gekry en maak dit altyd en op elke geleentheid stroom die komplimente in!\*

80 g (1/3 koppie) botter  
400 ml suiker  
2 ekstra groot eiers  
500 ml (2 koppies) koekmeel  
7 ml (1 ½ teelepels) koeksoda  
10 ml (2 teelepels) bakpoeier  
50 ml (40 g) kakaopoeier  
500 ml (2 koppies) melk  
30 ml (2 eetlepels) asyn  
40 ml appelkooskonfyt

Voorverhit die oond tot 180°C. Smeer 'n oondbak met die gesmelte botter of gebruik kossproei.

Klop die suiker en botter sowat 5 minute in 'n mengbak tot romerig.

Klits die eiers by en klits die hele mengsel goed. Sif die meel, koeksoda, bakpoeier en kakao in 'n aparte mengbak.

Meng die melk, asyn en appelkooskonfyt in 'n aparte mengbak. Voeg dit en die droë bestanddele beurtelings by die romerige eiermengsel. Meng alles baie goed en giet



in die bereide oondbak. Bak sowat 30 minute of tot gaar.

### SOUS

150 g botter  
300 ml room  
180 ml (¾ koppie) suiker

Meng intussen die sousbestanddele in 'n klein kastrol en bring tot kookpunt. Verlaag die hitte en laat prut sowat 3 minute. Giet warm sous oor poeding sodra dit uit die oond uit kom.

*Riana Belsten*

## FOR SALE

**Tumble Dryer (Electrodry Maxidry 1200P)**

Heavy Duty - Jessie x 7573

- **Kool Energy Inverter** (1 year old) R3000 onco - Christine 7684
- **32" LG TV plus DVD player** R2000 onco - Christine 7684

**For Sale:**

- Small wall Safe.
- White L\S knitted Cardigan. (As new)
- White L\S knitted Jersey. (As new)
- Car Battery Charger
- Electric Wok.
- Long plastic and wood Drawing square.
- Small Folding slatted table.
- Picnic Cooler bag with Ice bricks.

Gert de Klerk 7722

**Looking for a 2nd hand smart phone to buy**

- Jenny Rautenbach (Rynpark 1 – 7 Daffodil) x 7107

**Air Fryer:** Annatjie du Plessis x 7071

**For all occasions: Hand embroidered 3D cards.** Christmas cards are in stock. Connie X7328

**Bran and fruit muffins.** Marinda x 7503

**Shortbread Cookies**

Small, Big and Deluxe Tub: Etresia x 7146

**Chilli chutney** homemade R50 a bottle. Jill x7424

**Chutney and sauces.** Delicious sweet pepper, red pepper, Brazilian bell chilli etc. Elma x7726

**Aloe Ferox** vitamin tablets.

Sun / skin / facial / body / hair/bath/ baby / pet care ranges.

**Slimming products.** Lorraine x7440

**Avon** beauty products for sale or become a representative and earn extra money. Thea x7660

**Pannekoek** - Nick x 7571 RP5 78

**Homemade** Strawberry jam R50. All natural ingredients made with reduced sugar. - Kathy x7290

**Greeting cards:**

- \* Pressed Flower cards. Geraldine x7284
- \* All varieties. Jill x7374
- \* All have some original art, personalised English or Afr. Carol x7574
- \* Cards in stock for every occasion or specially made. Chrissie x7684

**Honey** 500g R50. Thelma x7421

**Avon products.** Thelma x7421

**Frozen milk ice cream lollies.** Pack of 24 for R120. Thelma x7421

**Val Di Terra wine** Sauvignon blanc, Rose', Cabernet sauvignon, Pinotage and Merlot. Glenda x7384

**Homemade** beef & vegetable, chicken & vegetable pasties and peanutbutter bars. Ricky x7356

**Aluminium foil** roasting dishes medium R5ea. Marylynn x7515

**Freerange Eggs** fresh from the farm every week. Free delivery. Kola x7548

**Microwave bags** (beanies) takes 2 min to heat. No more hot water bottles. Large R120 medium R100. Elaine x7272

**Toilet paper** soft double-ply.

Free delivery - Kola x7548

**Compost**, potting soil, top soil, fertilizer etc. Free delivery.

Kola x7548

**Solar lights** Inside and outside lights installed. Kola x7548

**Power saving** LED bulbs and lamps, prices far below shops. At x7511

**Aloe Ferox** all natural skin products and medication. Rina x7055

**"Bernina Overlocker – Nina 787 Bd.** Good condition with Manual and sewing samples." Wendy x7736.

## FOR SALE

**2 Seater Beige Couch** with side lounger.  
Only 10 months old. Will suit someone with  
big lounge. Rita Ext 7083

**Real leather jacket black**

(lady size medium) - R 300.00

Mary 7263

**TO LET : SABU RIVER SUN 4 STAR**

7 nights. Sleeps 6

Date flexible NOT SCHOOL HOLIDAYS

12 kms from Phabeni Gate, Kruger Park

Contact Mick 7263

**TO LET : KWA MARITANE PILANESBERG**

3 Night weekend (not school holidays)

One bedroom Cabana sleeps 4.

4 star accommodation - MICK 7263

**TIMESHARE FOR SALE**

Kwa Maritane Pilanesberg

One bedroom Cabana sleeps 4.

Week 11 (March) Unit 26

(Can be banked in house and used  
anytime when units available) -

MICK 7263

## WANTED

**Used and old greeting cards.**

Please phone: Christine Shaw 7729

**Denim jeans** needed for sewing project

Yvonne 7262

## SERVICES

**Computer, tablet, e-reader, cellphone lessons.** I teach you what you want to know. Carol Wilson x7574

**Shoe repairs,** Ladies shoes - soles and heels repaired or replaced.

**Watch batteries** replaced. Japie x7516

**Handyman** woodwork repairs and small jobs only. Peter x7580

Het jy hulp nodig om jou **motor te verkoop?**

## SERVICES

**I buy cars** for cash. Tol x7504

**Handyman** anything, anytime, anywhere.

Call to book appointment. Ralph

0728195411

**SA Library for the Blind**

Grahamstown 6140. - Tel. 046 622 7228

Het jy hulp nodig om jou **motor te verkoop?**

Gert van Niekerk x7428

**Sell your car?** Cash paid. Paul x7587

**Pedicures and manicures** done in the privacy of your own home. Annatjie x7071

**Drivers Licence renewal** assistance. - Jenny x7580

**Sewing/mending** Lorraine x 7317

**Sharpening** of knives and garden shears. - Johan x 7503

**Bookkeeper** - Are you a small business looking for a bookkeeper? 20yrs in my own business. Kathy x 7290

**Selling your car** I can help you to get the best price.

Kola x7548

**House sitter** will look after pets and house, love animals. Eric x7114

