



RESCOM
CHATTER
FEBRUARY 2021



Our intrepid pony tailed photo-journo went into the mountains and showed us one of the sights of what is great about our country.

This is a picture of the magnificent cloud formations on the way to the Drakensburg.

FROM CHAIRMAN HENNIE

February 2021.

Dear fellow residents,

The COVID 19 infection numbers may be down but it's still around, as is the risk of a 3rd wave so please continue to exercise extreme caution. In the meantime please remember that Wilma has her hands tied. She is the designated responsible person for our village and until the alert levels are changed she is responsible to ensure that we comply with whatever the relevant alert level dictates as she's spelt out in her circular 106.

At the end of January I reported on the answers we had received from management to the questions you had raised at our RAC in September. Some had been clear and acceptable, others not so. In February we held a virtual meeting with management and many of those were cleared up. A comprehensive report on the outcome of that meeting will follow shortly from Wilma.

Igor's Fan Page



We have a Village cat named Igor who's owner lives about 5 houses down (there is a debate as to whether he is a cat or not)! Igor patrols the entire Village and pops in every now and then - just to say hello.

He was recently witnessed defending us from a dragon invasion. We have some large leguaans (at least $1\frac{1}{2}$ meters or more in length) living at the dam. They have recently spawned some babies.

Igor has detected this potential threat and is evaluating what to do about it. It is clear that Igor and the dragon are equally scared of each other and this has resulted in a standoff! "

Love him or loath him Igor is a very persistant pussy who has a lot of experience beyond his years.

Here he is lapping up a bit of loving!

Here he is protecting us from wild animals and getting a bit of a fright himself



Renewing your car or drivers licence??

Here are some useful tips

thanks to Jim Goodwin for the Info

Driver's Licence Renewal.

Some of our residents have already used this service.

The BP garage at Fourways Gardens is assisting senior citizens to renew licences at Krugersdorp Licensing Centre, who accommodate senior citizens on Wednesday mornings.

An employee at the garage travels with you to Krugersdorp to assist with the process. You need to arrange matters with Rentia in the office at the Garage - she coordinates with her employee who apparently assists in his off duty hours. The garage does not levy any charges. You tip the employee accordingly.

Jim tells of his experience on Wednesday. He left the BP garage with Temba at 7.00am and they drove to Kugersdorp, did the business and was back home by 10.15am. Rentia said she will collect the licence in about 30 days, then phone Jim to collect, and Jim's your Uncle and Rentia's your Auntie. No more dreading the angst of just being in queues and endless bureaucratic hype.

Vehicle Licence Renewal

Here are details of the SPAR offer to renew Vehicle Licences - both Spar Broadacres and Fourways Gardens (and Spar Pineslopes) will renew your licences for a fee of R 130.00.

They need to see your last licence paper (the one with the circular disk removed), your ID , your cellphone number and your Driver's licence it takes 3/4 working days - they send a SMS to collect the licence.

It is a lot easier than standing in long queues at Municipal or Post Offices. They will send an SMS when the new licence is available for collection. I think many of our residents have already used this service.

Licence or License - Our wonderful and confusing English language. After writing licence 25 times, I got to wonder if I was spelling it correctly. Licence is a noun and License is a verb. In America they spell both as License!!

It's a slow month on the social scene!



After work started
Jan/Feb 2021



A pavement tale from Kiloran

A while ago Hennie asked me to take some photos of the old building entrance after the wall was built. He wanted me to photoshop it to show how it should look if properly done. These are the before my rendition and what it should end up looking like. He intended to show them at the then scheduled AGM - Welllll..... (we all know what happened to that)

Last week I saw they had begun work on the offending eyesore and here are some of my images for Chatter.

I noticed this story in the newspaper a couple of weeks back, and took a liking to Eddie's tail(!)

We had recently seen a similar breed of dog at Hazyview (brak-hond!) called Rex (He had been rescued from the local township. They are very street smart and survive in very adverse conditions.

Anyway back to Eddie. He was found alongside a railway line near Groot Marico and taken in by the Vets at Avontuur Clinic. The injuries to his legs were so severe that they had to amputate two legs. He was so endearing that the Vets adopted him into their own home. He learnt to walk with two legs and soon was swimming and playing with other dogs! His story got into the newspapers and funds came in to give him a prosthetic leg.

Eddie
The 2
legged
Dog

Eddie's prosthetic will cost a leg and a leg

Nica Richards

Talks with Animal Care Division have revealed that Eddie's prosthetic will cost ... well ... a leg and a leg for the small veterinary clinic which rescued him.

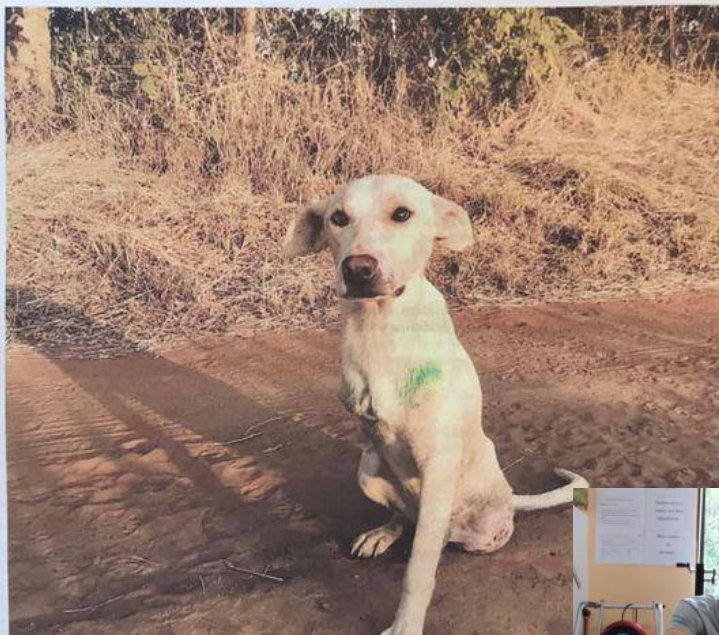
It is going to cost the owners of a two-legged dog between R15 000 and R20 000 to receive a prosthetic front leg.

In June last year, *The Citizen* reported on the survival story of the two-legged dog found by good Samaritans and handed over to North West-based Avontuur Veterinary Services.

Now named Edison, or "Eddie" for short, the dog was found lying next to a train track in Groot Marico in May last year. His right front and left hind legs were crushed, and he was severely malnourished, Avontuur Vet's Sanlie van den Brink recalled.

Euthanasia was an option, but the team of veterinarians refused to give up.

Once his surgery to remove his two legs was successful, Sanlie and veterinarian Lizahn van den Brink took Eddie in to recover. They soon fell in love with him and he is now their pet, along with another dog with only three legs.



EVERGREEN 100+ CLUB DRAW WINNERS

18th FEBRUARY 2021

	AMOUNT	TICKET NUMBER	WINNER	UNIT NUMBER
1st No. drawn	R100	140	WALLY STEWART	A12
2nd No. drawn	R100	125	CLIFF PREACHER	24
3rd No. drawn	R100	126	JENNY BRAMLEY	A11
4th No. drawn	R100	157	JUDY STOWELL	56
5th No. drawn	R100	142	FELICITY MORGAN	125
6th No. drawn	R200	22	TONY PITMAN	77
7th No. drawn	R300	40	JIM GOODWIN	129
8th No. drawn	R500	6	JUDY STUART	87
9th No. drawn	R1000	11	JUDY POWELL	97
10th No. drawn	R1000	195	AILEEN LANGMEAD	66
11th No. drawn	R1500	9	HELEN KNOWLES	9
TOTAL WINNINGS		R5000		

You might have noticed that there is something odd about the names of the winners.

And you might have remembered some time ago when the same thing happened, albeit to different people.

Wilma chose the numbers from a well shuffled bingo ball and was scrutineered by the Morgans from 69 and the entire ResCom. Nothing up her sleeves!

The answer my friends is to change your name to Judy.

Dementia - This is rather a long article but very relevant.

I am always worried by the people I meet who have obviously led very active lives, but now are living in a closed world of their own.

It's never too late to boost your grey matter:

How to keep your brain sharp and reduce dementia risk

- Neuroscientist Dr Sanjay Gupta explains best ways to keep your brain sharp
- His tips including taking new classes, learning a new language & volunteering
- The health journalist also debunks some of the most common brain myths

It is quite shocking to learn we only use around 10 per cent of our brain's capacity, but that doesn't mean the other 90 per cent is wasted.

That would be ridiculous from an evolutionary standpoint. Brains are so demanding of energy to build, develop and maintain that it just wouldn't make sense to design something so exquisite then barely use it.

I like to think of the brain as a town. The important structures such as the homes and shops which represent 10 or 20 per cent are in near constant use.

The rest of the town is made up of the roads which connect all these shops and homes.

Think electric!

- When one brain cell sends signals to another, the synapse between them strengthens. The more often a particular signal is sent between them, the connection grows stronger. Each time you experience something new, your brain rewires to accommodate it.
- As you learn new things more connections are made. The brain perpetually organises and reorganises itself in response to your experiences — your education, the challenges you face and the memories that you make.
- The segments of brain cells which receive electric impulses from other cells are called dendrites. Novel experiences and learning cause new dendrites to form, whereas repeated behaviour and learning cause existing dendrites to become more entrenched. Both are important.
- The creation of new dendrites is called plasticity. It is this which helps the brain to rewire itself if damaged. It is also the core ingredient for resilience, vital for building a better brain.

The human brain is a highly sensitive receiver which takes in millions of stimuli every day, but its ability to process this constant barrage of information varies from person to person.

You might be the sort who finds yourself easily crushed by world events and struggling under the privations of yet another lockdown, or you might feel emboldened and undaunted, able to stay positive and make the best of whatever situation you find yourself in.

The key factor separating those two camps is not genetics or personality, but something entirely different: resilience.

You might believe you are born with a huge wealth of resilience, or with little, and you could be forgiven for thinking any you may have is being diminished and weakened by the unrelenting onslaught of the pandemic we are all going through.

But I can tell you resilience can be built and nurtured.

As a neuroscientist and health journalist, I have spent the past 25 years working on the medical frontline, analysing the latest brain research and travelling the globe in search of ways to boost the capacity of our brains and protect ourselves against dementia.

One of the most fabulous discoveries of recent years is the fact that your individual store of resilience is bundled up in what we brain specialists call 'cognitive reserve'. The more cognitive reserve you have, the more resilient you will be.

A resilient brain can withstand frequent trauma, it can think differently, it can stave off brain-related illnesses, including depression, and retain cognitive memory for peak performance.

Research shows that possessing a resilient brain is what separates strategic, visionary thinkers from more average ones, but resilience is not completely dependent on IQ or education – it is available to all of us.

All this week the Daily Mail is exclusively serialising my new book, *Keep Sharp*, which is packed with scientifically backed ways to minimise your risk of dementia and keep your brain keen.

Today, my focus is on building resilience. In the quest to protect your brain from dementia and keep it working at its absolute optimum, this is arguably the most important factor of all.

Top up your brain's back-up system

Cognitive reserve is your brain's ability to improvise and navigate around problems or obstacles.

Just as your car has an efficient braking and acceleration system to allow you to swerve quickly to negotiate unfamiliar turns, so your brain can change how it finds alternative routes, so helping it to cope with challenges that could be harmful otherwise.

It is like a mental safety buffer, a big, flexible, fast-thinking back-up system that protects the brain.

We know that whatever your age, cognitive reserve helps you function better for longer in the face of unexpected life events such as chronic stress, surgery or an unexpected onslaught of environmental toxins.

However, scientists have only recently discovered an important role played by cognitive reserve in protecting us against the ravages of old age.

It originated in the late 1980s when scientists in California started to study of a group of older care-home residents.

They got to know the residents during their twilight years and conducted autopsies on them after their deaths.

What startled them was frequently finding the sort of brain changes you'd expect to see in advanced Alzheimer's disease in high-functioning individuals who had shown no signs of dementia when alive.

The scientists concluded that these highly intelligent individuals had somehow developed enough brain 'cache' to offset the damage to the rest of their brain caused by dementia.

This would have allowed them to continue to function as normal with no sign of cognitive impairment at all.

This prompted the researchers to come up with the theory that cognitive reserve can be built up so successfully that it can take over the functioning of damaged portions of the brain which might be afflicted by age and disease.

The cognitive reserve then goes on to perform everyday functions to enable the people affected to apparently live free from dementia.

Since this revolutionary finding, research has consistently shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain disorders, such as Parkinson's disease, multiple sclerosis or stroke.

You can generate new brain cells

Old-school thinking dictated that the brain was pretty much fixed and hardwired after childhood. But we now know that to be untrue.

In 2018, researchers from Columbia University in the U.S. showed for the first time that healthy older adults can generate just as many new brain cells as younger people.

They found that although older adults tend to have fewer, and less robust, blood vessels in the brain, they don't necessarily lose their ability to grow new brain cells.

The key word, though, is healthy. If you want to build your brain, you need to stay healthy overall.

Your brain's networks are like a series of roads, and the more networks you have, the more options you have available to shift direction if one route becomes impassable.

Those networks make up the cognitive reserve, and they develop over time through education, learning and curiosity.

The cognitive reserve you have right now will be the result of the positive life experiences you might have had, and its size and complexity will reflect how much you have challenged your brain over the years through education, work and other activities.

Studies show the single identifiable factor which appears to statistically protect people with higher IQ, education and occupational achievements — plus those who regularly participate in hobbies or sport unrelated to their job — from Alzheimer's is very likely to be their cognitive reserve. But the best bit? You can expand and grow your cognitive reserve at any age.

(from Keep Sharp: Build A Better Brain At Any Age, by Dr Sanjay Gupta, is published by Headline, about R300.00 also check out YouTube for reviews)

More to follow next month
Including more on how to avoid dementia

These are the members of the Broadacres ResCom

Communications	Leader:	Chris Edwards	[89]
Environment	Leader:	Hennie du Preez	[72]
Projects	Leader:	Basil Bold	[90]
Finance	Leader:	Jim Goodwin	[129]
Governance	Leader:	Royston Knowles	[9]
Hospitality	Leader:	Laurraine Lotter	[77]
Safety & Security	Leader:	Graham Brickett	[126]
Chairman	Leader:	Hennie du Preez	[72]

Emergency Numbers

Other than the Telecare unit which is to be used for personal emergencies whilst in the unit.

Reception desk -	087 809 3366
Guardhouse - (Thorburn Security) -	071 173 2406
Care Centre - (Unique Health) -	011 568 4307

It is advisable for the residents to store these telephone numbers in their cellphones in case of need.

It will help if you enter these and your local relatives as ICE (In Case of Emergency). This is the first place emergency response personnel look for when trying to contact your carers etc.

So for an example the entry : 'ICE Daughter 084 123 4567' would be found very quickly if you are not able to tell them.

Remember to wear your Buddy Band at all times and your emergency button (it is waterproof)

FINANCE PORTFOLIO

ResCom Bank Account :- FNB Acc No 62847606037

Rescom received R5000 from the 100+ Club February draw.

Since inception, Rescom has received a total of R135,875 from the 100 Club.

Welcome to our newest residents.

Dr Keith Heimann at No 18.
Ernest and Jenny Hodgson at No 20.
Lawrence and Anna Squair at No 92.
Wally and Norma Stewart at Apartment 12



We hope you have many years of happiness in our wonderful village.

Can we help ??...
Have we got what you want??.

Within minutes of last month's Chatter being distributed, Keith Coombe's advert for
 holiday accommodation
 had been taken up
 The power of advertising!!

There is a real need for a shared wheel chair for use in the apartments.
 If you have one to donate please contact Sue Hartley in Apartment 105
 or 082 454 7817. She will put it to good use to help those apartment
 residents who miss out on social and other events.

#####

We have a H P LaserJet P1102 Black only laser printer.
 It has a spare unopened Toner Cartridge which I bought four years ago before moving
 to Evergreen.
 It also has a users manual.
 please call Robin Davey on Ext 1127, or 011 465 3486, or 082 579 2529.

^^

Ntombi has worked for me two days a week for more than six years. She is an
 excellent cleaner who is punctual, honest and hardworking. She is also blessed with a
 wonderfully happy disposition.
 She is currently available to work on Thursdays. I have no hesitation in recommending
 her.

If anyone is interested, please call Robin Davey on Ext 1127, or 011 465 3486, or 082
 579 2529.



Rainfall Report for February 2021

February provided some fairly atypical weather patterns, with notably more overcast days than usual. It did however bring more rain than the average for the month.

The North-eastern areas of the country have experienced exceptionally high rainfall (and some damage), and some unusually generous downpours brought relief to the Northern Cape.

It is a relief to note that dam levels across the whole country show a marked improvement since this time last year. The drive to conserve water remains a national imperative however, as the low-rainfall months are still to come.

Rainfall in mm for 2020/2021

Mar 2020	81.1
Apr 2020	72.4
May 2020	23.0
Jun 2020	15.5
Jul 2020	0.0
Aug 2020	0.0
Sep 2020	5.0
Oct 2020	21.8
Nov 2020	211.9
Dec 2020	107.5
Jan 2021	153.5
Feb 2021	165.6

12 Months 857.3mm

Rainfall for January over the years

2013	115.2
2014	251.9
2015	91.0
2016	64.6
2017	205.6
2018	58.0
2019	217.0
2020	145.2
2021	165.6

Average for February since 2013 is
146.0mm

BIRTH OF A BABY HIPPO.
(thanks to Robin & Wally Davey)

During a visit to Phinda Private Game Reserve, Wally and I were on an afternoon game drive, and were privileged to come across a brand new baby hippo which had been born within the last twenty minutes. The gestation period of a Hippo is 243 days and the entire birth process takes up to four hours, always in the water. The exhausted mother hippo was lying on her side in the water while the baby was attempting to suckle and learning to swim right next to her. The baby's skin was a mass of wrinkles waiting for the flesh to fill it out. While we watched, the mother struggled to stand upright and expel the afterbirth. 48 hours later we stopped at the same dam to check on the progress of the mother and child. Both were out of the water and while the mother cropped on the grass, the baby was learning to use its legs. The large umbilical cord was still attached. It was managing the front legs fairly well, but using the back legs was another story altogether! After "face planting" several times, it got the idea and staggered around for a bit, and was astonished when it came face to face with a cape glossy starling which stood its ground and squawked at it. The baby's skin was already far less wrinkled and it had got the hang of suckling. However when Mom grunted to say "let's get back in the water", the baby's relief was patently obvious, and it literally ran back to the water next to Mom.

An awesome once in a lifetime sighting.

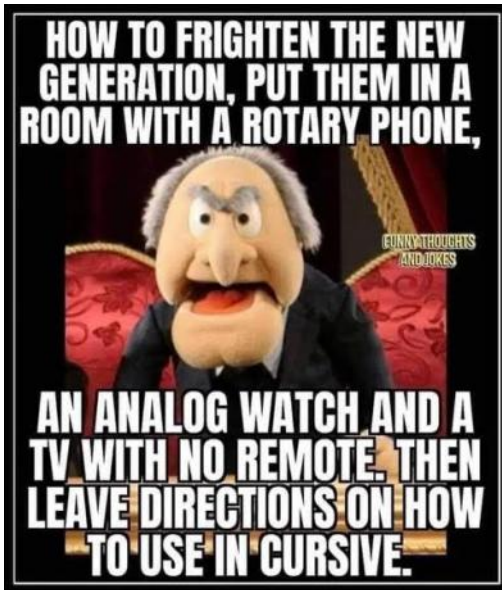




check the glossy starling!



Just Like That.....



Sherman_Beardman 1.3k points 2 years ago

The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.

madamplease 13.7k points 1 year ago

Pronouncing words that end in 'ough'. Cough, bough, rough, dough, through, though....

Vaxtin 4.7k points 4 years ago

Is the "S" or "C" in scent silent?

AdventurousMan 4.6k points 4 years ago

Why does fridge have a "D" in it, but refrigerator doesn't?

Djimmieboy 248 points 1 year ago

Why are Zoey and Zoe pronounced the same but Joey and Joe aren't?

MundaneRiot 261 points 4 years ago

You can drink a drink but you can't food a food.

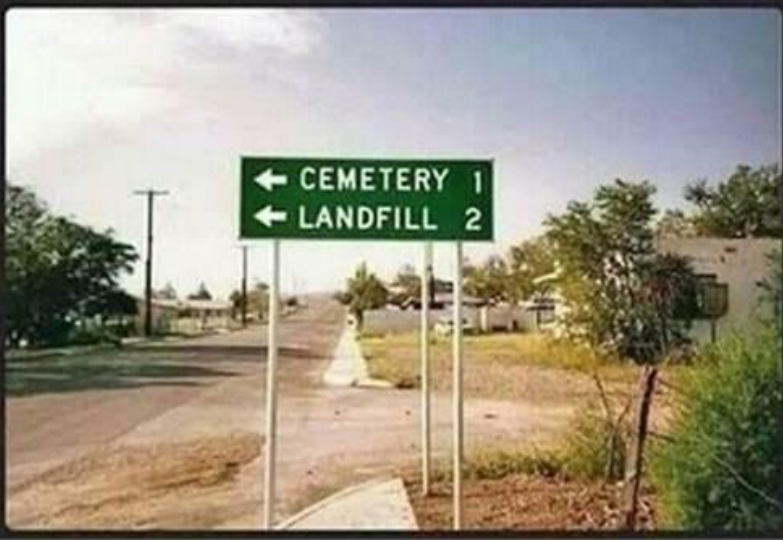
cherlishPanda 218 points 4 years ago

The word "queue" is just a Q followed by four silent letters

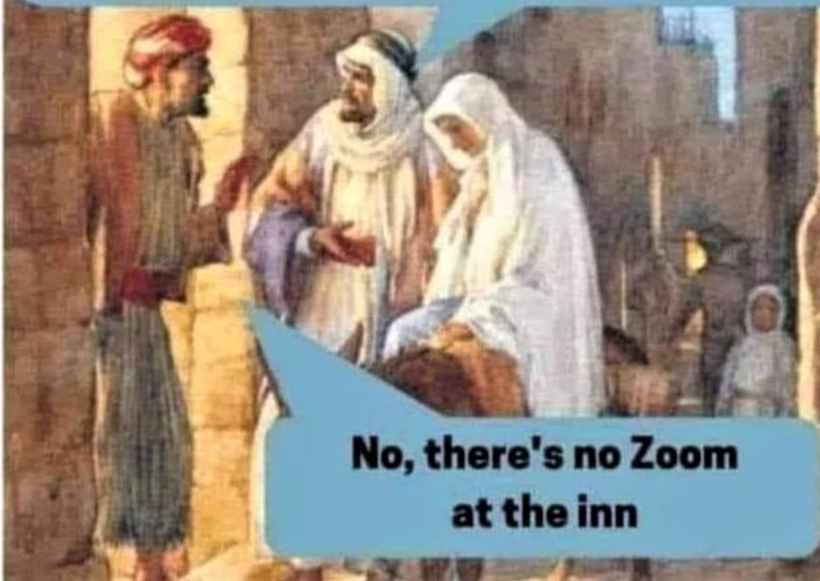
saranowitz 1 point 10 years ago

Why is a "w" called a "Double-U" when it is clearly a "Double-V"?

My wife said when I pass she would go the extra mile to give me the burial I deserve...



Can Mary and I make a conference call here?



No, there's no Zoom at the inn

A sexy Irish blonde at a Casino, seemed a little intoxicated.

She bet 20,000 Euro on a single Roll of dice on the Craps Table.

She said to the male croupier - "I hope you don't mind, but I feel Luckier when I'm nude."

With that, she removed her clothes, rolled the dice and yelled-
"Come on baby, Mama needs new clothes!"

As the Dice came to a stop, she jumped and yelled - "Yes, Yes, I Won.. I Won.."

She hugged each croupier (by this time several more had moved over to the table) and picked up her winnings and clothes and left.

The croupiers gazed at each other, dumbfounded. Finally, one of them asked-

"What number rolled on the dice?"

The other - "I don't know, I thought you were watching."

Moral of the story:

1. Not All drunks are Drunk,
2. Not all Blondes are dumb,
3. But all Men are Men!!!

MY SOUL HAS A HAT

I counted my years
& realized that I have
Less time to live by,
Than I have lived so far.

I feel like a child who won a packet of sweets : at first he ate them with pleasure
But when he realized that there was little left, he began to taste them intensely.

I have no time for endless meetings
where the statutes, rules, procedures & internal regulations are discussed,
knowing that nothing will be done.

I no longer have the patience
To stand absurd people who,
despite their chronological age,
have not grown up.

My time is too short:
I want the essence,
my spirit is in a hurry.
I do not have much candy
In the package anymore.

I want to live next to humans,
very realistic people who know
How to laugh at their mistakes,
Who are not inflated by their own triumphs
& who take responsibility for their actions.
In this way, human dignity is defended
and we live in truth and honesty.

It is the essentials that make life useful.
I want to surround myself with people
who know how to touch the hearts of those whom hard strokes of life
have learned to grow with sweet touches of the soul.

Yes, I'm in a hurry.
I'm in a hurry to live with the intensity that only maturity can give.
I do not intend to waste any of the remaining desserts.

I am sure they will be exquisite,
much more than those eaten so far.
My goal is to reach the end satisfied
and at peace with my loved ones and my conscience.

We have two lives
& the second begins when you realize you only have one

Why seniors don't change their passwords:

WINDOWS

Please enter your new password.

USER:

Cabbage

WINDOWS:

Sorry, the password must be more than 8 characters.

USER:

Boiled cabbage

WINDOWS:

Sorry, the password must contain 1 numerical character.

USER:

1 boiled cabbage:

WINDOWS:

Sorry, the password cannot have blank spaces

USER:

50damnboiledcabbages

WINDOWS:

Sorry, the password must contain at least one upper case character

USER:

50DAMNboiledcabbages

WINDOWS:

Sorry the password cannot use more than one upper case character consecutively.

USER:

50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS:

Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS:

Sorry, that password is already in use.