Monte Christo

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For a better lifestyle...
Vir 'n beter lewenstyl...

Huiseienaarsvereniging
Home Owners' Association

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Redaksie en grafiese versorging: Milde Weiss

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Daar is geen Spyskaart hierdie maand nie, aangesien die Klub se restaurant nog nie heropen het nie.

Ons almal se lewens is deur die Coronavirus omvergewerp. Nog nooit in menseheugenis het soveel mense soveel ongerief en angs beleef, soveel verliese gely nie.

Maar almal van ons het 'n keuse oor hoe ons op hierdie omstandighede reageer. In plaas van om in sak en as te sit of te rebelleer, kan mens op die positiewe fokus, soos...

- dat Moeder Aarde weer kan asemhaal: Venesië se kanale is skoon, seeskilpaaie kan wêreldwyd ongestoord uitbroei en water toe skarrel, en die lug is vry van rook, roet en gasse;
- dat gesinne weer tyd het om te gesels, saam te lag en te speel, aan mekaar aandag te gee en die klein dingetjies te geniet; en
- dat dit darem met jou baie beter gaan as met talle ander wat sukkel om te oorleef.

Die legende word vertel van 'n Oosterse koning wat eendag aan sy wyse manne gevra het om vir hom één sin te bring wat in alle tye en alle omstandighede geldig sal wees. Hulle het vorendag gekom met: 'Hiérdie sal ook verbygaan.'

En dit *sal*.

Monte Christo gedurende COVID

Die regulasies wat gedurende die inperking geld, word deur die regering bepaal. Die Bestuurskomitee het geen seggenskap hieroor nie en versoeke om die reëls te verslap, kan dus uiteraard nie oorweeg word nie.

Ons doen ‘n beroep op alle inwoners om geduldig te wees en te hou by die reëls wat die regering aankondig. **Dit is in almal se eie belang.**

Vullisverwydering

Sewe addisionele vullishouers **(‘Skips’)** is sedert die inperking by die stoor geplaas om die ophoop van huishoudelike afval asook tuinvullis te akkommodeer.

Jy word gevra om – wanneer die houers vol is - jou oortollige huishoudelike afval in die stortingshok te plaas, om sodoende die higiëne-risiko rondom die vullishouers tot die minimum te beperk. Dankie vir jou samewerking.

Werk aan die dam

Die dam se vlakke is baie laag en die moontlikheid bestaan dat hy dalk vir ‘n kort periode kan opdroog. Dit is onseker wanneer die Munisipaliteit ons weer van grys water gaan voorsien.

Daar is intussen begin met rehabilitasie om alle uitheemse en indringerplante in die area te verwyder. Na afloop van die inperking sal die rehabilitasie voortgaan.

Die lewe se uitdagings is nie bedoel om jou lam te lê nie, dis bedoel om jou te help uitvind wie jy is. — **Bernice J Reagon**

Die Inperking in Kuns

Week 1

Die tuin kry aandag

Week 2

Ons lees al die boeke waarvoor ons nooit tyd kry nie

Week 3

Die kinders raak moeilik

Week 4

Kan jy sien of die bure nog leef?

En nog later…

Moeg gewag

Maar… selfs dit sal verbygaan…!

Kom ons wees positief!

Die huidige omstandighede is 'n geskenk.
Dit leer ons...

- ✓ hoe kwesbaar die lewe is;
- ✓ hoe vining alles kan verander;
- ✓ hoe baie dinge ons as vanselfsprekend aanvaar;
- ✓ hoe om werklik dankbaar te wees;
- ✓ hoe nodig ons mekaar het;
- ✓ hoe belangrik familie is;
- ✓ hoe aanpasbaar ons is;
- ✓ hoe aansteeklik positiwiteit is;
- ✓ hoe belangrik ons gesondheid is;
- ✓ hoe om bietjie meer te spaar;
- ✓ hoe om eenvoud te waardeer;
- ✓ hoe om minder op onsself te fokus;
- ✓ hoe om meer liefde te gee; en
- ✓ hoe om saam te staan.

(Aangepas uit Mental Health open discussions)

'N optimis lag om te vergeet; 'N pessimis vergeet om te lag.

Tom Nansbury

Skep 'n poistiewe oggend met dié 15 stappe

- Drink water
- Geniet 'n koppie Boeretroos
- Eet ontbyt
- Sê dankie
- Vermy die sosiale media
- Mediteer
- Doen vir 30 minute oefening
- Begin met die moeilike take
- Vermy dagdroom
- Beplan jou dag
- Maak jouself mooi
- Maak jou werkarea minder vol
- Hersien jou doelwitte
- Luister na rustige musiek
- Praat positief met jouself

Kreatief met houers

Tuinmaak is ideaal vir geestelike en liggaamlike gesondheid, sê Melissa Hatty, ‘n doktorale navorser in Gedragswetenskappe by die Monash Universiteit in Australië. En mens kan dit in enige ruimte doen. As die ruimte beperk is, sal baie blomme, kruie, groente- en vrugtebome in houers kan floreer.

Houertuine is ook 'n geleentheid om jouself uit te druk. Kuns is nuttig om gedagtes te verwerk, terwyl kreatiwiteit gekoppel is aan 'n meer positiewe bui. Terwyl ons tuis is, kan kreatiwiteit wat deur houers uitgedruk word, ook verveling voorkom.

Dink groot óf klein, en verkieslik buite die boks, as jy na planthouers soek. Probeer 'n ou paar skoene, jeans, ‘n ou buiteband, of meubels. Of gebruik ‘n gekraakte teekoppie of glas met gebreekte steel. Moontlik het jou vriende of bure ou items wat jy as planthouers kan gebruik. Deur houers te herwin, help jy ook om die omgewing te bewaar. Gebruik die inperkingstyd om party houers te versier met verf of oorskiet-materiaal soos ou krale, wat in die huis rondlê.

Onthou net om gaatjies onder in jou houers te maak.

Kort jou tuin ‘n deklaag?

Jou plante gesonder wees indien jy al die dooie takkies en takke van jou bome en struike verwyder. Dit is die raad van Greg Moore, plantkundige van die Universiteit van Melbourne.

Gebruik die dooie materiaal wat jy verwyder het as deel van 'n goeie deklaag. Die beste deklaag is van gemengde deeltjiegrootte - 'n mengsel van fyn en growwe materiaal en alles tussenin. Dit is waar dooie hout ‘n rol speel. Lug en water moet nog deur die laag kan dring.

Die deklaag, wat noodsaakliks is vir ‘n gesonde tuin, moet ongeveer 75-100 mm dik wees.

Wat sien jy alles?

Is jy moeg gelees, sat van tuinwerk, en het jy ál die videos in die huis al tweemaal gekyk? Probeer dan gerus om jou omgewing en die natuur deur ander oë te bekyk.

Watter voëls kan jy deur jou venster of van jou stoep af sien? Neem foto’s, en stel ‘n kaart op met hul habitat, voorkoms en gewoontes. Dit hoef ook nie net by voëls te bly nie. Skoenlappers, spinnekoppe, plante, swamme... enigiets in die natuur kan jou oog vang.

Om dit nog interessanter te maak, kan jy QuestaGame, ‘n digitale speletjie, aflaai en jou waarnemings met behulp van jou foto’s met ander deel. Sodoende leer ons die natuur ken en waardeer, sonder om die sosiale afstand wat gedurende die inperkingstyd vereis word, te oortree.

Gaan na QuestaGame.com

Monte Christo

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Kliek hier vir Afrikaans

May 2020

Editing and layout: Milde Weiss

Newsletter

Hang in there!

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There is no Menu this month, as the Club restaurant has not reopened.

Everyone's life has been turned upside down by the Corona virus. Never in living memory have so many people experienced so much inconvenience and anxiety, so much loss.

But we all have a choice how to react to these circumstances. Instead of being gloomy and miserable, or becoming rebellious, one can focus on the positive, such as…

- that Mother Earth can breathe again: the canals in Venice are crystal clear, sea turtles world wide can hatch and rush into the sea unhindered, and the air is free of smoke, soot and gasses;
- that families have time to reconnect, laugh and play together, and enjoy the simple things in life;
- that you are at least better off than thousands of others who struggle to survive.

The legend is told of an Eastern king that called his wise men together and asked them to bring him one sentence that would be valid at all times and in all circumstances. They came up with: 'This too shall pass.'

And it will!

Monte Christo during COVID

The regulations pertaining to the lockdown are determined by the government. The Management Committee has no say in this regard, and therefore requests to relax the rules cannot be considered.

We call on all residents to be patient and to adhere to the regulations set by government. **It is in everybody's interest.**

Refuse removal

Seven additional skips have been placed at the workshop since the lockdown, to accommodate the accumulaion of domestic waste and garden refuse.

When the skips are full, you are asked to place your domestic waste in the refuse enclosure, to minimize the hygiene risk around the skips.
Thank you for your cooperation.
.

Work at the pond

Water levels at the pond are very low at present, and it could even temporarily dry up completely. We do not know when the Municipality will be able to supply us with grey water again.

In the meantime, rehabilitation work has begun to clear out all invasive and alien vegetation in the area. After the lockdown, rehabilitation work will resume.

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are.. – Bernice J Reagon

The lockdown in art

Week 1

Smelling the roses

Week 2

Catching up on reading

Week 3

The kids get antsy

Week 4

Are the neighbours still alive?

And even later…

Nothing left but waiting

But… This, too, shall pass!

Let's be positive!

Our present circumstances is a gift.
It teaches us...

- ✓ how fragile life is;
- ✓ how quickly everything can change;
- ✓ how many things we take for granted;
- ✓ how to be truly grateful;
- ✓ how much we need one another;
- ✓ how important family is;
- ✓ how adaptable we are;
- ✓ how positivity is contagious;
- ✓ how important our health is;
- ✓ how to save a little more;
- ✓ how to enjoy the simple things;
- ✓ how to focus less on ourselves;
- ✓ how to love more; and
- ✓ how to work togehter.

(Adapted from Mental Health open discussions)

15 Steps to a positive morning

- Drink water
- Have a cup of coffee
- Make time for breakfast
- Give thanks
- Avoid social media
- Meditate
- Exercise for 30 minutes
- Tackle the difficult tasks first
- Avoid snoozing
- Plan your day
- Get glammed up
- De-clutter your work area
- Review your goals
- Listen to soothing music
- Recite positive affirmations

An optimist laughs to forget; a pessimist forgets to laugh.

Tom Nansbury

Creative With containers

Gardening is ideal for physical and mental health, says Melissa Hatty, a doctoral researcher in behavioural sciences at the Monash University in Australia. And it can be done in any space. If space is limited, many flowers, herbs, vegetables and fruit tress will flourish in containers.

Container gardens allow you to express yourself. Art helps you to process your thoughts, while creativity is linked to a positive mood. At home, creativity expressed through container gardening can also prevent boredom.

Think big or think small, but preferably think outside the box when looking for containers. Try old shoes, jeans, used car tyres or furniture. Or use a cracked teacup or a glass with a broken stem. Maybe your friends or neighbours have old items you can use for your container garden. By recycling containers, you also help to protect the environment. Use the lockdown period to decorate some containers with paint or leftover bits and pieces in your home, like beads.

Just remember to make holes in the bottom of your containers.

Your garden needs mulch

If you remove all the dead twigs and branches from your trees and shrubs, your plants will be much healthier. This is the advice of Greg Moore, a botanist at the University of Melbourne in Australia..

Use the dead material you removed as part of a layer of mulch. The best mulch consist of mixed particles – a mixture of fine and course material, and everything in between. This is where dead wood plays a part. Air and water must still be able to penetrate the layer.

The mulch, which is essential for a healthy garden, should be laid down approximately 75-100 mm thick.

What can you see?

Are you tired of reading, exhausted by gardening, and have you watched all the videos in the house twice? If so, why not turn your eyes to your environment and watch nature with renewed interest?

Which birds can you see from your window or stoep? Take pictures, and create a map of their habitat, appearance and habits. You need not stop at birds. Butterflies, spiders, plants, fungi... anything in nature might tickle your fancy.

To make it even more interesting, you can download QuestaGame, a digital game which allows you to share your sightings with others by uploading your photographs. In doing so, we get to know our environment and learn to appreciate nature, without violating the social distancing requirements during the lockdown period.