

# Plus 50

JOU BESTE JARE / YOUR BEST YEARS

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## HELENA HETTEMA

sanger sonder  
weerga

Agri-village  
lifestyle

Met 'n rugsak  
deur Europa

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LEVIES

Wanneer kinders  
emigreer

Retirement  
fund reforms

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# RETIREMENT EXPO

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## Inhoud • Contents

### 6 Briewe • Letters

#### Oordenking

6 Verlore skape – Jan Lubbe

#### Toere • Tours

Met 'n rugsak deur Europa  
– Corrie Laubscher

13 Toer die wêreld vol!

23 Treintoere

63 Long holidays in the Kruger  
Lowveld – Linda Grimbeek

#### Mense • People

18 Helena Hettema: Ster van  
tydlose kunsmusiek – Alita Steenkamp

#### Seniors

21 Living in a farm village

39 Be in charge of your end of life – Diek van der Zel

26 News Snippets • Nuusbrokkies

#### Geldsake • Money Matters

30 Retirement funds reform – Craig Aitchison

31 Vital questions to ask before buying into a  
sectional title scheme – Mariaan Sieberhagen

32 Wat om te doen met 'n miljoen – Elsabé Smith

33 Keep your golden years untarnished  
– Teresa Settas

#### Healthy & Fit • Gesond & Fiks

34 Geestesgesondheid: Wanneer jou kinders  
emigreer – Douline Minnaar

45 Sit jou voet versigtig neer – Maureen Loots

49 Erectile dysfunction – Rentia Bonthuis

50 Tai Chi, the world's most popular exercise  
– Mark Johnson



9

50 Fikser en gesonder met Tai Tjie – Mark Johnson

53 A herb extract to boost your memory and concentration –  
Linda Trump

55 Hi-tech hearing – Teresa Settas

56 Terapeutiese tee

#### Legal Matters

42 Medical negligence

#### Troeteldiere

58 Verwaarloos jy jou troeteldier? – Frikkie Wallis

#### Gardening

60 Companion planting  
– Margie Frayne

Recipes • Resepte  
Berries / Bessies



65

66 Boeke • Books

68 Blokraai • Cross word

## WEGGEEPRYSE! • GIVE-AWAYS!

Die volgende pryse kan gewen word: CD's deur Helena Hettema (5 beskikbaar), of 'n DVD, of 'n dubbele Franse album; 3 lesers kan elk 'n bottel Deetlefs Familie Methode Cap Classique 2006 wen. Stuur jou naam en adres voor 20 November 2011 na: Plus 50/Hettema (of: Deetlefs), Suite 145, P/S X19, Menlo Park 0102. Send your name or address, before 20 November 2011, to: Plus 50/Hettema (or: Deetlefs), Suite 145, P/B X19, Menlo Park 0102.

Al die pryse word deur Deetlefslandgoed geskenk. Besoek hul webwerf by: [www.deetlefs.com](http://www.deetlefs.com). Lees meer oor Helena Hettema se doen en late by: [www.helenahettema.com](http://www.helenahettema.com).



HELENA  
HETTEMA

**PLUS 50** is 'n onafhanklike 2-maandelikse publikasie wat die belange van senior burgers in die RSA bevorder. Hoewel **PLUS 50** beskikbaar is as mondstuk van erkende seniors-organisasies is dit redaksioneel en finansiële onafhanklik. **PLUS 50** word onderskryf deur die SA Konfederasie van Seniorsorganisasies (SACSO) en deur Gryskrag. Alle kopiereg van die inhoud word voorbehou. Geen deel mag op enige wyse gereproduseer word sonder skriftelike toestemming van die uitgewer nie. Kort uittreksels (maksimum 60 woorde) mag sonder toestemming gebruik word, mits volledige erkenning aan die skrywer en die publikasienaam en -datum gegee word. Die redakteur behou die reg voor om artikels te verander en/of te verkort. Die uitgewer aanvaar geen verantwoordelikheid vir die inhoud van advertensies nie. Die mening van medewerkers is nie noodwendig dié van die blad nie.

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# Redaksioneel Editorial

## Lente is in die lug en Oktober is Internasionale Seniorsmaand

Die jaar is vinnig op pad na Kersfees toe. In Oktober is daar op verskeie plekke seniorsdagvierings, November is die tyd van jaareindfunksies en Desember is daardie jaarlikse geseënde tyd van samesyn en kersvreugde.

'n Belangrike nuwe ontwikkeling op seniorsgebied in Suid-Afrika is Thebe Exhibitions and Projects Group (TEPG) se aankondiging dat hulle aftrede-ekspo van einde Oktober vanjaar in Johannesburg gevestig sal word as 'n jaarlikse geleentheid. Vir persone van veertig jaar en ouer sal dit 'n uitstekende geleentheid wees om inligting, dienste en produkte te bekom wat van belang vir 'n aftrede-leefstyl is (sien ble. 15-18).

Wat die buiteland betref, lewer *Plus 50*-tydskrif en GrysKrag sleutelbydraes om 'n Suid-Afrikaanse terras by die wêreld se grootste seniors-ekspo te help organiseer. Dit vind vanjaar in September, kort voor Internasionale Seniorsdag, in Nederland plaas en word deur net meer as honderdduisend persone besoek. Daar is sestiën uitstallings op die SA terras. Dit bied vir afgetredenes van die buiteland 'n kyk op toerisme na Suid-Afrika, aftreplekke hier, interessante projekte om aan deel te neem in ons land en plaaslike netwerke om mee te skakel.

Ook op streeksvlak in Suid-Afrika is daar heerlike feestelikhede gekoppel aan internasionale seniorsdag. Enkele voorbeelde hiervan is die ATKV se feestelikheid vir seniors in Centurion, Help Seniors se aanbiedings, SACSO se Heritage Oktoberfest in Vereeniging, en andere.

Geniet die lente, en bly asseblief jonk van gees!

## Spring is in the air and October is International Older Persons Month

The year is moving rapidly towards Christmas. In October Seniors' Day celebrations are being held in several places; November is the time for year-end functions; and December is the blessed period of togetherness and Christmas joy.

A significant new development in the seniors' field in South Africa is the announcement by Thebe Exhibitions and Projects Group (TEPG) that their retirement expo, which will be held at the end of October in Johannesburg, is to become an annual event there. For people of forty years and older it will provide an excellent opportunity to obtain information, services and products that are important for a retirement lifestyle (see pp 15-18).

With regards to overseas countries, *Plus50* and GreyPower will deliver key contributions towards organising a South African platform at the world's greatest seniors' expo. This year it takes place in September in the Netherlands, just before the International Day of Older Persons, and will be attended by more than a hundred thousand people. The South African pavilion contains sixteen exhibitions. Retired people from overseas will be given a view of tourism to South Africa, retirement venues here, interesting projects to take part in, and regional networks to join.

At regional level in South Africa wonderful festivities are linked to the International Day of Older Persons. Examples include the ATKV celebration for seniors in Centurion, Help Seniors' presentations, SACSO's Heritage Oktoberfest in Vereeniging, and others.

Enjoy Spring and please stay young at heart.

Hoofredakteur / Editor-in-Chief

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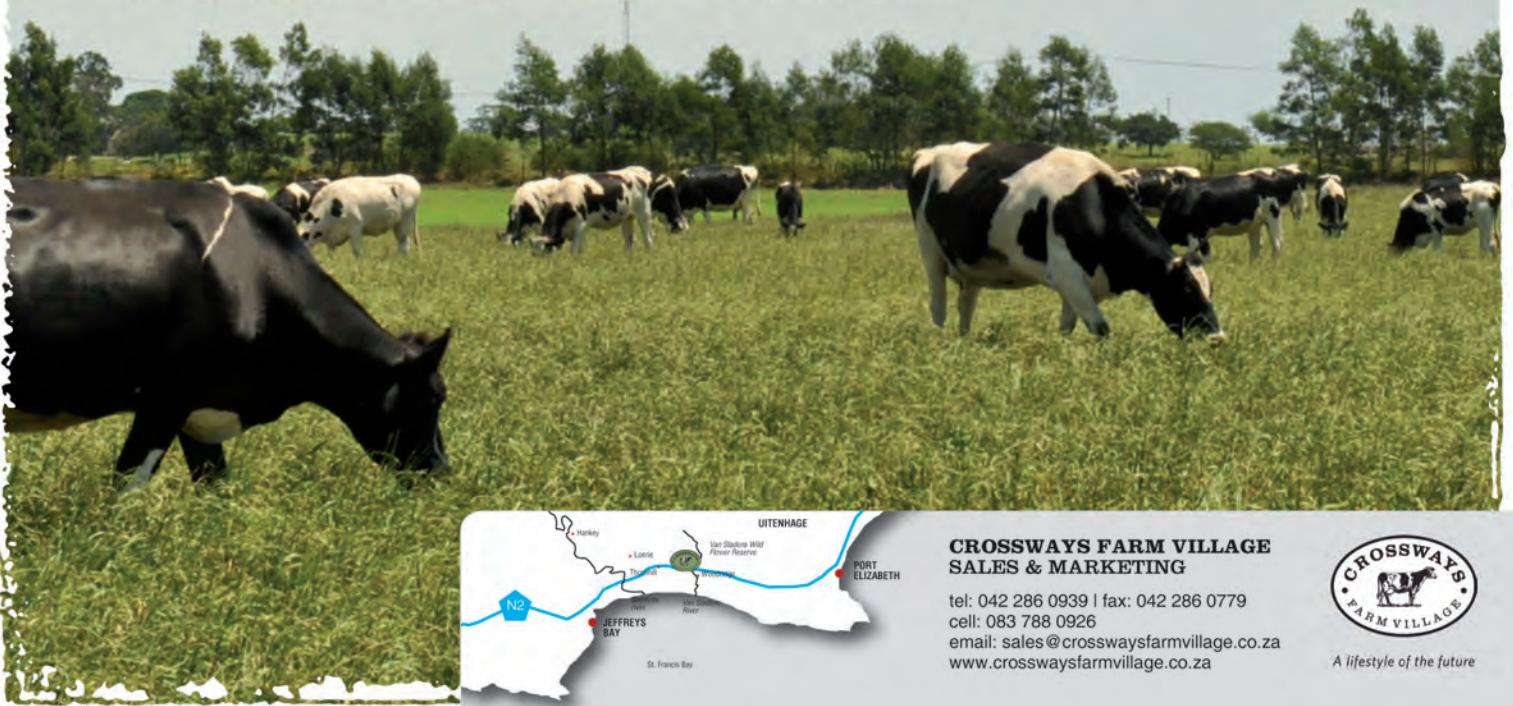
Planned on a 560 ha site that includes a state-of-the-art dairy farm, Crossways Farm Village is built on the belief that scientifically managed productive farms will replace golf courses in future lifestyle

developments. It is the first to offer this innovative lifestyle choice, with a range of agri-villages offering all the conveniences of modern society including a high-tech underground fibre-optic communication network and an advanced security and access control system.

Crossways will also be on the cutting edge of tertiary education, hosting a unique multi-disciplinary satellite

campus and agricultural academy for Texas A&M University.

It is the first development to embody this new way of living, recreating the village lifestyle our parents and grandparents enjoyed, where everyone knew one another; where neighbours were friends and where there was a strong sense of community.



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A lifestyle of the future



## LIFESTYLE OF THE FUTURE

# Living in a farm village

Based on a new agri-village lifestyle concept that combines the peace and quiet of rural living with the conveniences offered by modern life, Crossways Farm Village (CFV) has been identified as one of the most exciting property developments to come on the market in a very long time. Launched on the 19th November 2010 by the National Minister of Rural Development and Land Reform, Mr Gugile Nkwinti, the project has received widespread support as a pioneering rural development model capable of stimulating development in the country's impoverished rural areas, encouraging growth and creating employment opportunities.

Situated on the eastern boundary of the Kouga Municipal area,

bordering the renowned Van Stadens River Gorge outside Port Elizabeth, the 560 ha rural development will consist of several neighbourhood pockets, offering idyllic scenes of country living and breathtaking views of the surrounding landscape. The innovative character of Crossways is envisioned to include a range of residential opportunities from small starter homes to large scale plots and farmsteads overlooking the picturesque kloofs and valleys. The inclusive nature of this unique rural node will also cater for a wide variety of age and income groups, including both affordable and aspirational housing opportunities.

Guided by the ambitious and indomitable vision of a collaborative design team lead by Dr Chris Mulder,

the conceptual visionary behind the international award winning Thesen Islands in Knysna, the R3,4bn farm village project is planned as the first multi-faceted agri-village lifestyle community.

"Crossways was designed on the principles of what is known internationally as the New Ruralism," said Dr Mulder, "which is aimed at recreating the sense of community and connectedness that existed in small towns and neighbourhoods in years gone by. This traditional neighbourhood design with its mixed-use, mixed-income approach creates a close, integrated community. Cars take a back-seat to pedestrians, and everything is within walking distance."

Turn to page 22 ➔

An integral component of the development will be the restructuring of the existing dairy farm which will be holistically re-planned to include a state-of-the-art milking parlour, with on-site education and training facilities. "It is often said that ruralism and agriculture are inextricably linked, so following on this principle we superimposed the planned residential development on the existing, professionally managed dairy farm in which the new homeowners can also acquire an interest if they so wish. The inhabitants of Crossways will thus not only be living in a farm village, but will also have access to a whole range of fresh dairy products as well as organically grown fresh fruit and vegetables produced in season on the property."

The dairy farm will form a mutually beneficial relationship with the homeowners and local community, supplying milk and other dairy products – butter, cheese and yoghurt – delivered to residents on a daily basis. Homeowners will be given the option to purchase cows from within the herd, without the worry of having to manage and oversee their day-to-day dairy activities: "All the cows are micro-chipped, allowing their owner to remotely log-in via their own computer to observe how much milk their cow has produced that day."

Dr Mulder goes on to mention that living the tranquil life on a dairy farm does not mean that you need to sacrifice modern comforts. "Residents will have the most advanced communication infrastructure available to them in their homes, provided by the development's wireless and fibre-optic network." A number of advanced technologies will be featured, such as hi-tech infrared security and smart metering systems for water and electricity, all monitored to ensure optimal efficiency by the central Utilities Company. "This privately operated municipality

dedicated to Crossways Farm Village will be responsible for managing the overall efficiency of the development, including a sophisticated waste water filtering and wetland system, composting and solid waste processing centres."

Ouma and Oupa can even buy a cow for their grandchildren, allowing them to see their adopted bovine via live streaming cameras installed around the farm, from anywhere around the world. They will also be allowed to name the new calves, and the cheques received from milk produced can be saved for their future.

"Crossways is within 25 minutes drive from the centre of Port Elizabeth and situated adjacent the prestigious Woodbridge College and Preparatory school. Provisions are being made for a primary school, crèche and medical clinic in the village itself." The site provides easy access to various excursions and day activities including popular mountain bike trails, hiking through the Van Staden's River valley and Wild Flower Reserve, as well as trout and bass fishing. The area aboasts the world's highest narrow gauge railway bridge, still in use by the renowned Apple Express.

The architecture of CFV will also set the benchmark for green building practices, incorporating a comprehensive array of energy and water efficiency solutions. This will include several alternative energy solutions, such as photovoltaic solar

panels with integrated battery banks, mandatory hot-water cylinders as well as rainwater harvesting for external irrigation. "These bold steps towards a sustainable tomorrow will not only substantially reduce our overall carbon footprint, but will serve to create a more economically viable, environmentally friendly and energy efficient project with long term benefits for a healthier, more conscious lifestyle of the future."

Nature conservation will play a pivotal role in defining the character of CFV, with extensive portions of rehabilitated indigenous fynbos, kloof and riparian areas being used to establish an ecological bio-diversity corridor along the Van Staden's River Gorge – linking the Baviaanskloof to the Indian Ocean. At present, plans to clear more than 260 ha of invasive alien species are well underway, with indigenous fynbos and pioneer tree rehabilitation programmes planned for the future.

CFV is also expected to become an important development node, contributing substantially to job creation in an area in which the impoverished Thornhill Village is located. Through its groundbreaking rural development model, it aims at achieving a delicate balance between development, agriculture and nature conservation; empowering local residents to actively contribute to lasting job creation, housing and poverty alleviation in a marketable and mutually symbiotic manner. ■

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