

# KOLOBE TIMES

MARCH  
2019







## AGM NOTICE

# ANNUAL GENERAL MEETING

KRV is sold by sectional title. Sectional title is a form of property ownership commonly used in retirement villages and security developments. The purchaser will have a title deed making it possible to raise a bond. Owners will therefore have exclusive use of their houses or unit as well as the use of communal facilities in the Village. KRV's Body Corporate has been established to manage the Village and to look after its operation. All Owners automatically become members of this Association which elects its trustees annually. These trustees have the legal responsibility of running the affairs of the Village. Therefore, no outsider may dictate to you, the villager, how the village will be run. Amongst the most important functions of the trustees is the controlling of financial affairs of the Village. The trustees set and control the annual budget and set the monthly levies. A well-run residents' committee or Body Corporate can greatly contribute to creating a harmonious village environment.

Kolobe Retirement Village & Wildlife Estate (KRV) held its first, very successful, general meeting on Saturday 16 March 2019 at KRV's welcome centre. All owners were present, either in person or by proxy. Three trustees were nominated and selected. These trustees, with the developer, will manage the affairs of KRV from the 1st of April. Some of the more urgent tasks that the trustees will have to attend to are the appointment of a managing agent and opening a bank account for the Body Corporate. We wish them all the best.

## LEVY INCREASE

The cost of operating a retirement village is financed by its residents in the form of levies. The levy calculated for each house or unit is largely based on the final square meterage inclusive of garage, ensuring a fair distribution of levies amongst the various sizes of houses and units. Monthly levies cover the costs of operating the village. These include staffing, primary medical care, security, insurance of all buildings and maintenance of all communal facilities and unit exteriors. Owners however, pay for the interior maintenance of their own homes or units, insurance of their household goods, their own consumption of water and rates and taxes due to the Local Authorities.

KRV's newly elected Body Corporate has approved the new Levy Structure which will be in effect 01 April 2019. Apart from the annual increase, garden service is a new service which has been implemented in favour of all residents. A new gardener has been employed to service and maintain all communal gardens. As part of this new garden service, KRV's gardener will spend 2 hours per week attending to and maintaining each unit's garden. Should you require extra help with your garden which falls outside of the allocated 2 hours, prior arrangements must be made with the Body Corporate. We hope this new service will be of much help to all residents.







FEBRUARY

## UNIT 17

Unit 17's walls are up. Plastering of the interior walls have begun and the beams for the garage roof are also up. Plastering of the exterior walls and installation of the roof is the next phase to be completed at Jacob and Amelia's house.



MARCH



FEBRUARY

## UNIT 18

KRV would like to extend a warm welcome to Sue and Lawrence from unit 18 who officially moved into their new house at the beginning of March. We wish you many happy years in your new home filled with wonderful memories.



MARCH



FEBRUARY

## UNIT 74

Along with the roof of Hennie and Heidi's carport being installed, their solar electricity system and solar geyser were also installed this past month. Hennie and Heidi can be assured that load shedding will no longer be a facture in their lives.



MARCH

## LEKKERBREEK BRIDGE

The construction of the bridge between Wit Stinkhout and Lekkerbreek Street was completed at the end of February. The bridge needed to be reinforced with a storm water pipe for the dry ravine that separates Wit Stinkhout and Lekkerbreek Street. Residents can now safely cross the bridge to gain access to Lekkerbreek Street.



## NEW RESIDENTS

March was an eventful month for KRV with the addition of 3 new couples joining the Kolobe Family. Sue and Lawrence from unit 18, as well as Annatjie and Willie from unit 12 and Elma and Frans from unit 13 all officially moved into their new homes at KRV in March. Welcome and congratulations.

Always remember that a house becomes a home when it is filled with love and care; it becomes a place of refuge when it is filled with faith and prayer; it becomes a destination when it is filled with friends and fun. Moving into your new home is the first of many memories you will make and may their be countless more as your new life at KRV has just begun.






# EATING DANDELIONS






Gardeners curse the ubiquitous dandelion and its pervasive nature. They pop up everywhere and are so hard to get rid of; it is as if that darn tap-root goes to China! Dandelions originated in Asia Minor and quickly spread throughout Asia and Europe. The Normans called this plant “dent de lion” —tooth of the lion—for its jagged leaves. Anglo-Saxons corrupted this name into dandyion. The Vikings brought dandelion seed with them to Iceland and Greenland where the plant still thrives today. The Chinese call it “nail in the earth” for its long taproot which draws nutrients and moisture from deep in the ground. In medieval times, dandelions gathered on St. John’s Eve—June 24—were believed to repel witches. The milky sap, given the name “devil’s milkpail”, was used to cure warts and pimples.

Did you know that all parts of the dandelion plant are edible and rich in vitamins?

-  Dandelions are more nutritious than spinach, they have 25 times the vitamin A of tomato juice, and are a good source of calcium, potassium, magnesium, iron, lecithin, and vitamins C, B, and E. For many early settlers, dandelions made a life-saving spring tonic.
-  The dandelion was a standard medicinal plant used by herbalists for generations. Their Latin name—*Taraxacum officinale*—means a remedy for disorders. The leaves are a powerful diuretic but since they do not flush potassium from the body they are actually safer than pharmaceutical diuretics. The roots are slightly laxative and a tea made from ground fresh or dried roots is reported to improve digestion.
-  Similar to their cousin chicory, the roots can be roasted until they are dark brown inside and out, ground into a powder, and used as a coffee substitute.

When life gives us lemons we are told to make lemonade but what should we do with too many dandelions? Make dandelion wine, of course, or dandelion jelly. Since dandelions are closely related to those bitter epicurean greens endive, chicory, escarole, and radicchio, you could harvest the free, rampant growing dandelion greens and put them to good use.

-  The young leaves are tasty in salad if you pick them before the flowers appear to avoid too much bitterness.
-  Older leaves can be boiled, with a bit of salt pork or bacon, like collards, stir-fried with garlic and onions, or cut up and added to risotto or pasta.
-  Dip the flower heads in a light batter and deep fry.

During the first year of growth the plant produces only leaves while growing a large sustaining root. It will blossom the next year producing many flowers in rapid succession. If you get out your magnifying glass and look closely, you will see that each petal is made from five fused petals. The protective green bracts fold up around the flowers at night or on cloudy, cool, or rainy days. The more sun the plant receives the more deeply notched the leaf edges will be. Dandelions are self-pollinating so every seed is capable of producing an exact copy of the parent plant. The seeds are called “akenes”, the white fluff is called “pappus”, and the stem connecting the two is the beak. While the seeds are maturing the flower stalk lengthens making the dandelion puff more accessible to passing breezes.

You can curse dandelions all you want but, what is now considered a noxious weed, fed and healed us for thousands of years. Every part of this plant is edible! Try your hand at making some dandelion wine and raise your glass in a salute to the beauty and wonder that only nature can offer.



# SHROVE TUESDAY

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday is a day of celebration as well as penitence, because it is the last day before Lent. Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that are not allowed in Lent. During Lent there are many foods that some Christians - historically and today - would not eat: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on the shriving Tuesday, and eat up all the foods that would not last the forty days of Lent without going off. The need to eat up the fats gave rise to the French name Mardi Gras ('fat Tuesday'). Pancakes became associated with Shrove Tuesday as they were a dish that could use up all the eggs, fats and milk in the house with just the addition of flour.

The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old: “And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne.” (Pasquil’s Palin, 1619). The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

Eggs = Creation  
Flour = The staff of life  
Salt = Wholesomeness  
Milk = Purity



Many countries round the world have Mardi Gras celebrations and carnivals. Some of the most famous are in Rio de Janeiro in Brazil, New Orleans in the U.S.A., Venice in Italy and Sydney in Australia. In Rio, the streets are filled, over several days leading up to Shrove Tuesday, with large processions of people marching, singing and dancing. People taking part in the parade dress up in very bright exotic clothes. Sometimes the costumes are made on large wire structures so the people wearing them look very big, like butterflies or birds. There are big floats, with stands for singing and dancing on built into cars or lorries that take part in the parade, they are decorated as brightly as the people and help make the procession look amazing! The most popular place to watch the parade is on the Marquês de Sapucaí Avenue, often called the 'Sambódromo' or 'Avenida do Samba' that means Samba Avenue (the samba is a popular Brazilian dance). Apart from the main organised carnivals, there are small groups of people who go round the streets singing and dancing known as 'blocos' or 'bandas'. People from the local streets will often join the processions until a party starts!

The Rio carnivals started over 250 years ago when the Portuguese settlers brought form of carnival called 'entrudo' with them. It consisted of people throwing flour and water over each other! In 1856 the police banned entrudo carnivals because they were becoming violent and lots of people were getting hurt. This is when the carnival, like it is today, started. From the turn of the 20th century, people started to write fun marching songs to be sung during the carnival processions. When cars started becoming more widely available, they were made part of the carnival as away of displaying the performers. These grew into the large carnival floats that take part today.

Lent is a 40-day time of preparation before Easter. Fasting is one of the traditional disciplines of Lent, but because it is so counter-cultural and difficult for us, many people choose to either abstain from certain foods while others fast. Catholics are required to fast and avoid meat during Lent, while other churches may either require or encourage Lenten fasting as well. In Lent, many Christians commit to fasting, as

well as giving up certain luxuries in order to replicate the account of the sacrifice of Jesus Christ's journey into the desert for 40 days; this is known as one's Lenten sacrifice. The time of Lent, through fasting and abstaining, may be an important reminder of what it means to suffer. This small suffering should not be met with misery but with great joy so as to better understand the incredible sacrifice that Jesus Christ made for humanity.





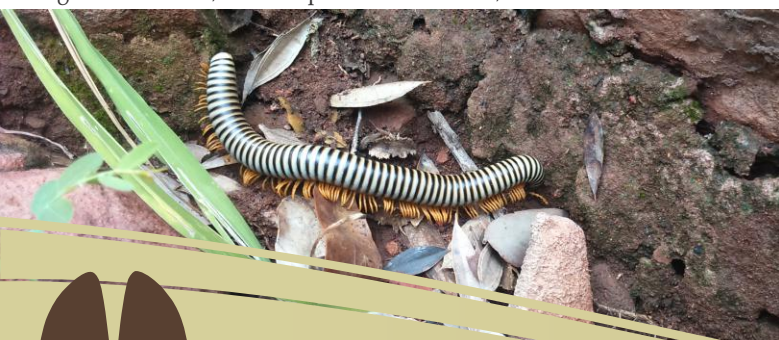
## SHONGOLOLO

The word shongololo is the common name for the giant African millipede (*Archispirostreptus gigas*), the largest species of millipede. The name is derived from the isiZulu and Xhosa word 'ukushonga' which means 'to roll up'.

These millipedes can grow up to 30cm in length with over a hundred segments. Most species have between 36 and 400 legs, a far cry from the 1 000, that their name suggests. Often confused with centipedes, the two are easily differentiated by the number of legs (more in the millipede) and the body shape (flattened in the centipede). Millipedes are slow moving creatures which eat only leaves and decaying plant matter, while the speedy centipede is an aggressive predator. Although they can cause enormous amounts of damage to small seedlings, millipedes are peace-loving creatures and even make good pets.

Unable to sting or bite, shongololos roll up in a ball to protect themselves, hence the name, although some species can secrete poisonous gases or fluid from their pores to deter predators. These secretions can harm the exoskeletons of ants and other hunting insects and irritate the eyes of birds and mammals. Mostly, this liquid tastes bad, making the shongololo an unpopular dish amongst most animals, with the exception of civets and some birds.

Male shongololos, which are greatly outnumbered by the female of the species, have two or more gonopods in place of legs, which they use to transfer sperm into the females reproductive organs. Shongololos are usually black or brown in colour, and can live for up to seven years, growing larger as they age. The shongololo's segments are fused in pairs so they have two sets of legs for every segment. They are born with just three sets of legs, adding segments to their bodies as they grow. Each time a segment is added, the millipede sheds its skin, which it eats.



Not often seen but almost always heard, the Red-chested Cuckoo 's call bombards nature's silence. This seemingly annoying bird is more commonly known by its Afrikaans name the "Piet-my-Vrou". We have all gone outside to look for the bird making that noise, many with something to throw in one hand, most with very little success. But if you knew a little more about the Piet-myVrou you might find it be a little less annoying.

The Red-chested Cuckoo is a migrant to South Africa. The Zulus call it Uphezukomkhono which means "on the arm", they call it this because it arrives in South Africa in October, and its first calls in the season means it is time to put your hoe on your arm and start preparing your fields, because the first rains are on its way. It leaves again at the end of summer, in February. It generally lives in forests, closed woodland, open savanna thickets, stands of trees in human settlements, mature gardens, parks and the tree next to your bedroom window.

Some books describe the males call as "weet-weet-weeoo", but for most South Africans it is best described by its Afrikaans name, "Piet-my-Vrou", a phrase perfectly matching its three toned call.

An interesting fact about the Piet-my-Vrou is that it is a parasitic breeder, laying a single egg in the nests of other birds. It does this in less than five seconds, the egg incubates quicker than those of the host and consequently hatches earlier so the hatchling is able to kick the other eggs out of the nest and become the sole occupant which the host then raises as its own. Preferred hosts include robin-chats, chats, thrushes and flycatchers. Females have been recorded laying up to 20 eggs in one season. New research is finding that cuckoos change their egg sizes according to their host.



The Piet-my-Vrou's breeding season came to end late February as these birds returned to central Africa. This means KRV's residents have hopefully returned to their normal sleeping patterns until the Red-chested Cuckoo bird reappears in October.







# COMBRETUM ZEYHERI

SA No. 546

Eng: Large-fruited Bushwillow

Afri: Raasblaar

Family: Combretaceae

Combretum zeyheri is a bushveld tree, with a rounded crown shape, single or multi-stemmed, with the bark that is smooth and whitish in colour. It is an attractive tree that should be utilised more often in gardens because of its beautiful scented flowers and extra-ordinary fruits that are the largest of all Combretaceae. It gives a good show from September to July.

In comparison to other Combretum species, the bushwillow's leaves are fairly large. This shrub is widely distributed and common. It reaches a height of up to 4 m and grows in deep and loamy sand. The bushwillow blooms during September in greenish-yellow axillary spikes. These sweet fragrant flowers have been seen to be in bloom during February and March, and it may therefore be possible that they bloom either for a prolonged period of time or twice a year. The fruits are usually four-winged and pale brown in colour, and stay on the branches of the shrub even after the leaves have fallen down.

The large-fruited bushwillow has shallow growing roots which run 20 cm below the ground for 3 to 4 m and are a few millimeters thick. Women use the roots to make strong, ornamental baskets. These baskets were once used as plates, sealed with a plant paste, which made it waterproof. The baskets were also used for carrying water, but today mainly for storage and sold for income. The unique designs are made by dyeing the roots beige, dark brown or grey, then weaving geometrical patterns into the basket. The roots are also used to make initiation necklaces for girls, and as a hair cosmetic. The bark is burned and the ash boiled to a resolution applied to the hair, straightening it and making it seem longer. The large fruited bushwillow is also used as medication for many ailments. To treat coughs, leaves are boiled and drunk three times per day. To relieve stomach pain, roots are scraped clean, placed in a pot of water and heated slightly to be drunk three times a day. The roots, about as thick as a finger, are used to make toys such as bows for children. These toys do not break easily, and children can use them to practice bow and arrow. The root is not strong enough to make a bow of for real hunting, however.





# MILKTART FILLED PANCAKES

## Basic Pancake

310 ml cake flour,  
3 ml baking powder,  
2 ml salt  
60 ml sugar,  
2 eggs  
300 ml milk  
cooking oil  
cinnamon sugar

Sift the flour, baking powder and salt, add the sugar. Add the milk while stirring. Mix in the eggs.  
Mix everything very well and make sure there is no lumps.  
Let the mixture rest for 30min.



## Milktart Filling

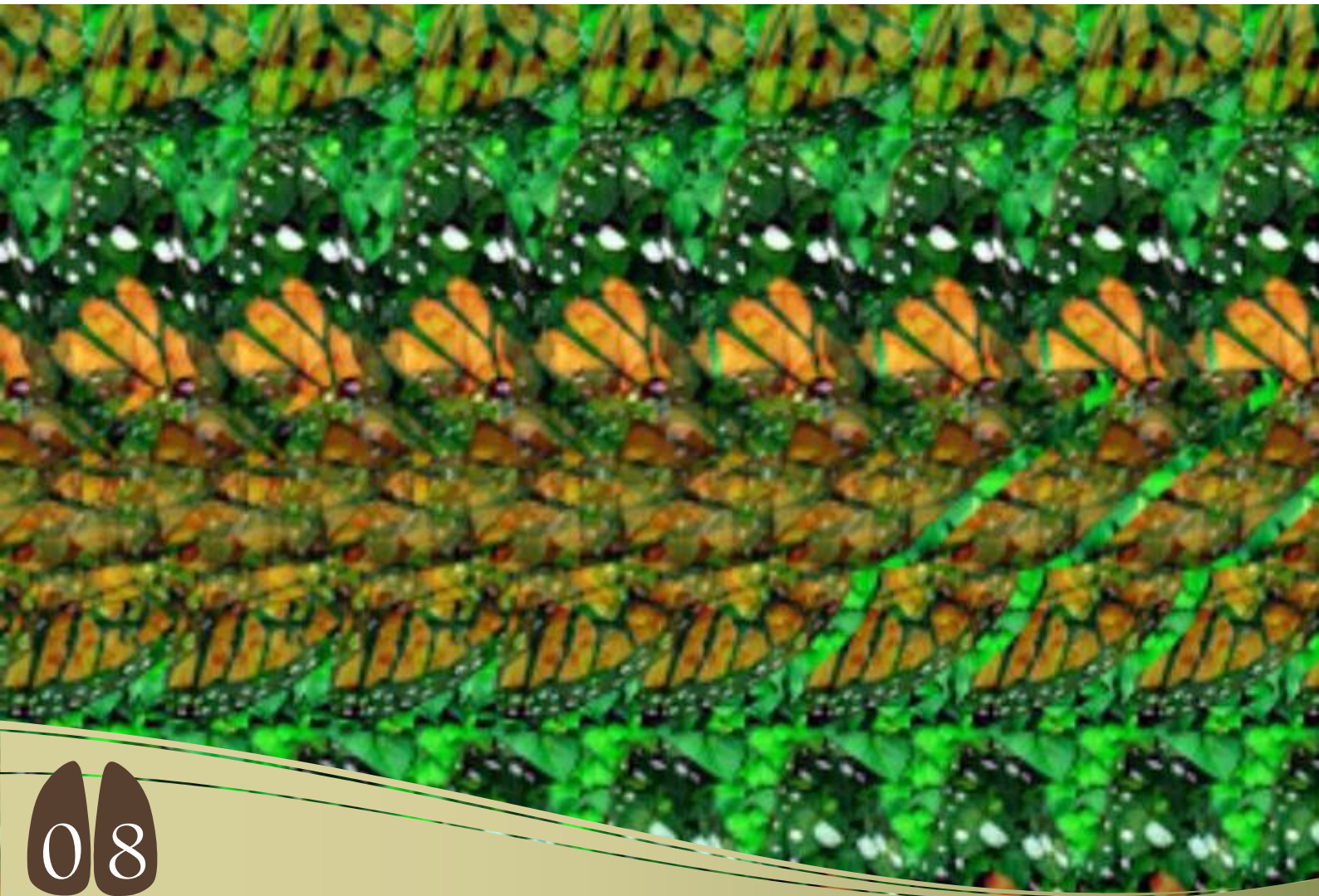
1 tin condensed milk,  
3 cups milk,  
¼ cup maize meal,  
2 eggs (whipped),  
pinch of salt,  
1 tspn vanilla essence,  
30 ml butter,  
cinnamon sugar



Bake the pancakes – do not roll them yet.  
Mix 2 cups of the milk and the condensed milk in a pot on the stove (low heat). Mix the rest of the milk with the maize meal and add it to the mixture in the pot. When the mixture starts to thicken, add your eggs. Keep on stirring.  
Add the salt, vanilla and butter. Mix very well and let it rest and thicken even more. Take a spoon and add ± 3 – 4 spoonfuls of milktart mixture to each pancake, then roll it up.  
Sprinkle with cinnamon sugar

HIDDEN 3D IMAGE

The answer can be found on page 13.





**HANG UP**



**DONATE CLOTHES**

**HELP OUT**



**FOR THE HOMELESS**

# THE **STREET STORE™**



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**20 April 2019**

**@ Modi Mall 09:00 - 14:00**

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A unique shopping event where you donate  
your old clothes and shoes!

A store is set up and homeless people can come  
and collect what they need!

## **DONATE TODAY!**

**Sonja: 082 211 6078 | Janine: 083 225 2858**





Gerhard from unit 01 celebrated his birthday on the 10th of March.

Gerhard, may your life be like good wine; tasty, sharp and clear  
and like good wine, may it improve with every passing year. Happy birthday.

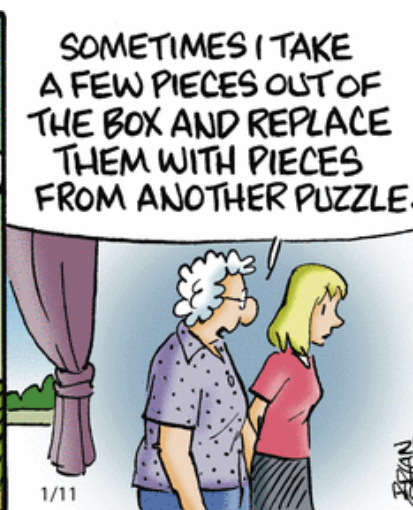
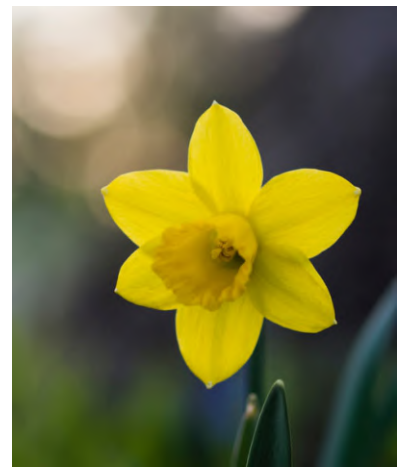


## MARCH BIRTH FLOWER - DAFFODIL



Daffodil is actually just a nickname. The botanical or Latin name is "Narcissus" which comes from the Greek word "narkissos" and its base word "narke," meaning a narcotic or numb sensation, attributed to the sedative effect from the alkaloids in its plants. All members are poisonous, which is great for gardeners, because that makes them critter-proof. The bulbs and leaves contain poisonous crystals which only certain insects can eat with impunity.

The daffodil symbolises unequalled love, so giving this flower to someone expresses a deep love that cannot be rivaled or imitated. The daffodil has also been associated in history with death and rebirth — from the death of the self-loving Narcissus in Greek mythology to its perennial return as an Easter flower.



## Total Rainfall for MARCH

2017 = 55 mm

2018 = 155 mm

2019 = 225 mm





# SUDOKU

EASY

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

HARD

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

JIGSAW

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



THE EARTH  
HAS MUSIC  
FOR THOSE  
WHO LISTEN

- Shakespeare



Follow Kolobe Retirement Village on Facebook by liking our page. You will receive instant notifications of events taking place as well as any news about KRV.

## FNB HOME LOANS



HomeLoans

The home loans specialists



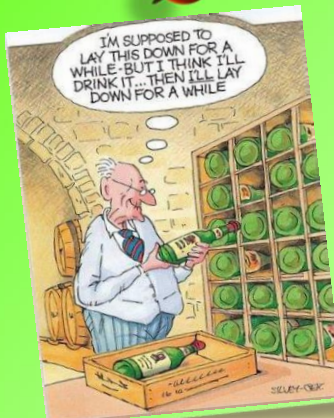
KRV has been approved by FNB and we can now offer FNB Bonds to help you secure your ultimate retirement haven! Contact Claudia on 072 181 5439 for more information or send an email to [info@koloberetirementvillage.co.za](mailto:info@koloberetirementvillage.co.za)

## RIDDLES

- 1 The more you take, the more you leave behind. What am I?
- 2 What has a head, a tail, is brown, and has no legs?
- 3 What comes once in a minute, twice in a moment, but never in a thousand years?
- 4 Tall I am young, short I am old, while with life I glow, wind is my foe. What am I?

### RETIRED:

I'm at that age where my mind thinks I'm 29, my humour suggests I'm 12 while my body mostly keeps asking if I'm sure I'm not dead yet.



### HIDDEN 3D IMAGE ANSWER

The hidden 3D image on page 8 is of a butterfly.

### RIDDLES ANSWERS

- 1 - Footsteps 2 - a Penny  
3 - The letter "m" 4 - Candle



# SERVICES IN MODIMOLLE



4x4 TLB for hire  
Modimolle & Bela Bela  
Contact Nico 082 416 8441

## Madrinet Coetzee Fisioterapie

Modimolle & Bela Bela Pro687340



Cell: 082 825 6920 Email: ma3kie002@gmail.com

## Klein Namakwa Nursery

014 717 3241



corner of Thabo Mbeki and  
Alf Makaleng Street, Modimolle

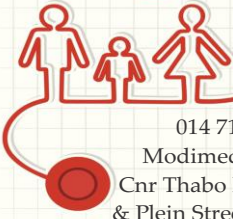


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marielotterie@telkomsa.net

## National Auto Glass

## Dr LD Pienaar



014 717 5354

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& Plein Street, Modimolle

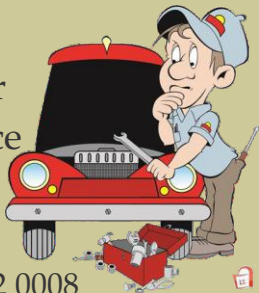
## Leeskring / Book Club

Mondays & Thursdays  
09h00 - 12h00 & 14h00 - 17h00  
R7 per book to take home for 2 weeks.  
All money is used to buy new books.  
Marthie 0824419047 - Elsie 0722491205



Delicious food for the whole family.  
Enclosed play area for the little ones.  
51 Nelson Mandela Dr, Modimolle  
014 717 4114

## Joe's Motor Service



082 892 0008

## DENTISTS

Dr Jannie Laubscher  
& Esti du Plessis



014 717 5581 / 014 717 3554  
95 Thabo Mbeki Avenue

## Nylstroom Rolbalkklub

Bowls Club

014 717 1390



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Tollgate and Modimolle

## supa quick

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Modimolle  
014 717 2581



**Dr Cynita Conradie**  
Homeopathic Doctor

082 403 7801 - 72 Kroep Street



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Golf Course  
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Internet and Landline  
Tim 012 007 0772 - 084 611 3706  
[sales@montaki.org.za](mailto:sales@montaki.org.za)



## Kranskop Dieriekliniek

Domestic & Wildlife Vet  
014 717 5996

104 Thabo Mbeki Street,  
Modimolle (Nylstroom)



6 Strydom Street  
Modimolle  
079 229 5687



**Koffiekan**  
Plaaswerf Restaurant  
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## POSTNET

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• PostNet 2 PostNet  
• PostNet 2 Door  
• Overnight  
• Air Freight  
• Road Freight  
International Courier  
• PostNet Global Express  
• DHL Express Easy  
• Import & Export

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• Black & White Copies  
• Colour Copies  
• Black & White Printing  
• Digital Printing  
• Design  
• Binding  
• Laminating  
• Wide Format Printing  
• Plan Printing  
• Business Cards  
• Flyers  
• ID Photos

**Digital**  
• Computer Rental Time  
• Internet Cables  
• Fax Service

**Stationery**  
• Stationery  
• Packaging  
• Business Cards  
• Name Badges

101 Nelson Mandela Drive  
014 717 3440



Elsa Greyling  
083 552 9311

Repairs and  
adjustments  
to men  
& women  
clothing



UNISEX  
HAIRSTYLIST  
8 Nelson Mandela - 014 717 3610



Coffee, Craft,  
Gift & Shoe Shop  
014 717 2532

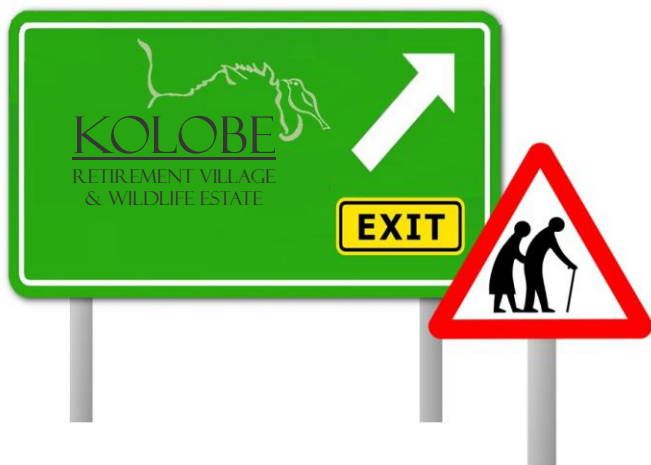
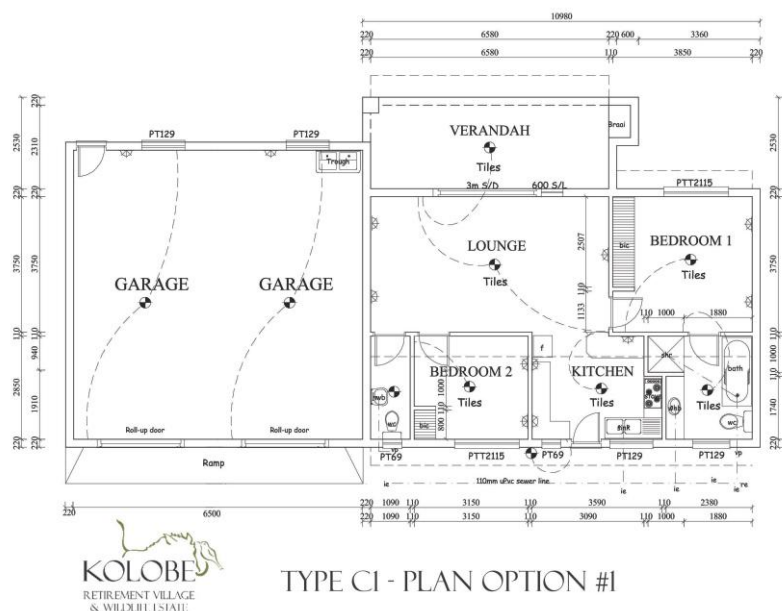
Email [info@koloberetirementvillage.co.za](mailto:info@koloberetirementvillage.co.za) if you would like to advertise your business here.



## TYPE C

Type C houses are 154 square meters and come standard with a double garage, main bedroom with ensuite bathroom, 2nd bedroom or study with a guest toilet that can be changed to a 2nd ensuite bathroom, kitchen with gas stove/oven unit, open-plan living area, veranda with built-in braai, LED lighting, solar electricity system and a solar geyser with back-up gas geyser.

A total of 17 Type C houses will be built at KRV. Six Type C houses have been sold, whereby two have already been built. Standard price for a Type C house is R1,804,000-00 and includes all of the above. Optional extras such as a carport, boma, enclosed veranda and dog friendly palisade are available. Contact Claudia on 072 181 5439 for more information.



You can't start  
the next chapter  
of your life  
if you keep  
re-reading the last one.

## CONTACT DETAILS

### MARKETING AGENT

Claudia 072 181 5439  
info@koloberetirementvillage.co.za

### SALES AGENT

Nico Jnr 079 711 7195  
kolobejnr@gmail.com

### DEVELOPER & MANAGING DIRECTOR

Nico Snr 082 416 8441  
kolobesnr@gmail.com

Website [www.kolobertirementvillage.co.za](http://www.kolobertirementvillage.co.za)  
Facebook [www.facebook.com/koloberetirementvillage](http://www.facebook.com/koloberetirementvillage)

For the safety, security and privacy of our residents, please note that viewing is strictly by appointments.



## EMERGENCY NUMBERS



**ADVANCED PARAMEDIC ASSIST**

Madelaine 078 108 1313 - Call Centre 0860 112 911



**Dr Louis Pienaar**

014 717 5354

Modimed Building  
Cnr Thabo Mbeki Drive  
& Plein Street, Modimole

Nico Snr 082 416 8441

Nico Jnr 079 711 7195

Claudia 072 181 5439