



# KOLOBE

## TIMES

MARCH  
2021





JANUARY

## UNIT 15

Hannes and Santie's house progressed at a rapid speed over the past month. The walls are all built and plastered, the floor has been leveled and floated and the beams for the roof have also been installed. The walls of the garage have been painted and the roof has been installed too.



FEBRUARY



## PIZZA OVEN

Thumbs up to Johan and Werdie from unit 73 who had a wood-fired pizza oven built in their private boma. What an amazing way to be outdoors and enjoy the sights and sounds of the bushveld while enjoying a mouth-watering pizza. Another thumbs up to Stoked Wood Fired Ovens, who travelled all the way from Irene, Pretoria to do the installation, for a job well done.



## EASTER

Easter is the most important feast day in the Christian calendar. Regularly observed from the earliest days of the Church, Easter celebrates Christ's resurrection from the dead, following His crucifixion. It marks the end of Holy Week, the end of Lent, and the last day of the Easter Triduum (starting from the evening of Maundy Thursday, through Good Friday, Holy Saturday, and Easter Sunday), as well as the beginning of the Easter season of the liturgical year. The resurrection represents the triumph of good over evil, sin, death, and the physical body.

Easter 2021 will be observed on Sunday 4 April. Easter is a "movable feast" that is always held on a Sunday between the 22nd of March and the 25th of April. The date for Easter changes every year and is determined according to the first full Moon of spring in the Northern hemisphere (or autumn in the Southern hemisphere). This year, Easter will be observed on Sunday the 4th of April and the Eastern Orthodox Easter will take place on Sunday the 2nd of May. This Easter is just one week after March's full Moon (Sunday, March 28), which is the first full Moon to occur after the spring equinox (20 March 2021) and is therefore known in the Christian calendar as the "Paschal Full Moon."

It is hard to believe that such an important date like Easter is related to the full Moon. Specifically, Easter is celebrated on the first Sunday following the full Moon that occurs on or just after the spring equinox. This can be a bit confusing at first read but let us break it down: In 2021, the spring equinox happens on Saturday, 20 March. The first full Moon to occur after that date rises on Sunday 28 March. Therefore, Easter will be observed on the subsequent Sunday, which is Sunday 4 April. In Christian calendars, the first full Moon of spring is called the "Paschal Full Moon". So, to put it another way: Easter is observed on the Sunday after the Paschal Full Moon.

The word "Paschal," which is used in the ecclesiastical (Christian church) calendar, comes from "Pascha," a transliteration of the Aramaic word meaning "Passover." In reference to the full Moon, Paschal refers to the date of the full Moon determined many years ago as the 14th day of a lunar month. Ancient calculations (made in 325 A.D.) did not take into account certain lunar motions. So, the Paschal Full Moon is the 14th day of a lunar month occurring on or after 21 March according to a fixed set of ecclesiastical calendar rules, which does not always match the date of the astronomical full Moon nearest the astronomical spring equinox. It sounds complicated, but the basic idea is to make it simpler to calculate the date for modern calendars. Rest assured, the dates for Easter are calculated long in advance.



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# THE SOUTH AFRICAN GARDENER'S ALMANAC

Continue sowing winter-flowering annuals, and plant winter-flowering bulbs. Spring-flowering bulbs should be planted at the end of March. Prepare beds for next month's planting of strawberries (just remember that some of the wildlife at KRV may find these to be a new delicacy). Plant sweetpeas early in March and pinch out the growing tips to encourage bushy growth. Pull up summer vegetables as they die back and add them to the compost heap. Lift and divide perennials now, or wait until spring. Take cuttings of all perennials. Plant new trees and shrubs. For an autumn flush of blooms, feed the roses, mulch with old kraal manure and straw, and water well. All winter-flowering indigenous daisies can be sown now in sunny places.

## SOWING GUIDE

### ANNUALS

Antirrhinums	Clarkia	Stocks
Arctotis	Cyclamens	Sweetpeas
Bokbaaiwygies	Linaria	Ursinias
Calendulas	Primulas	Violas
Cineraria	Schizanthus	

### BULBS

Gladiolus
Ipheion
Lachenalia
Tritonias
Veltheimias
Watsonias

### VEGETABLES

Beetroot	Leeks
Broad Beans	Onions
Cabbage	Parsnips
Carrots	Swiss Chard
Garlic	Turnips

## VERTICAL GARDENING

Herbs have been used as hedges since medieval times. A compact, sweet-scented herb edge, clipped to a pleasing shape, makes an excellent border. Suitable herbs for hedges include lavender (especially French lavender), thyme, rue, hyssop and rosemary. It would make sense to create a hedge (even a small one) in front of a bedroom window as some herbs repel insects such as flies and mosquitoes.

## PLANTS OF ARIES

(21 MARCH - 20 APRIL)

Garlic and nettle fall under the domination of Aries. Stinging nettle (*Urtica* spp), also known as 'devils leaf' and 'hokey pokey', has been used as a foodstuff and as a medicinal plant for centuries. Its most common medicinal use was as a tonic for enriching the blood, and as a food, it was used to make tea, porridge, wine and a delicious soup.



March's full Worm Moon arrives on Sunday, March 28. This year, because it is the first full Moon to occur after the Northern hemisphere's spring equinox on March 20, March's full Moon is the Paschal Full Moon. This means that its date determines the date of Easter (04 April 2021). March's full Moon goes by the name Worm Moon, which was originally thought to refer to the earthworms that appear as the soil warms in spring in the Northern hemisphere. This invites robins and other birds to feed—a true sign of spring. An alternative explanation for this name comes from Captain Jonathan Carver, an 18th-century explorer, who wrote that this Moon name refers to a different sort of "worm"—beetle larvae—which begin to emerge from the thawing bark of trees and other winter hideouts at this time.



# GARDENING WITH NATURE

## PREDATORS & PONDS

Predators at the pond should provide an exciting part of urban 'game viewing'. There is nothing more spectacular than watching a kingfisher hovering over the water and diving down to catch a fish. Hamerkops will shuffle their feet in the mud at the shallow end of the pond, causing frogs, toads, aquatic insects and fish to move, after which they will quickly be caught and gobbled up. Black-headed Herons will wade into the pond and stand like statues, their necks poised, waiting for a movement before striking at lightening speed to catch an unwary fish or frog.

Terrapins adapt well to ponds as long as sufficient food is provided. They are carnivorous, although some aquatic plant material will also be taken. They can be given supplementary food in the form of meat, dead mice and birds. Ensure that the excess food is removed from the pond so that the water remains fresh. Terrapins hibernate during the colder months, often burying themselves in mud or laying low under grass. Although they have excellent eyesight and are able to retreat into water at any sign of danger, they have other defence mechanisms, which include sharp claws and stink glands that emit a foul, persistent smell.

Amphibians are creatures that have a soft skin without scales. Their eggs are jelly-like and hatch into larvae called tadpoles. Most of the adult frogs are associated in some way with water, although some require only damp conditions in which to breed. Most gardeners are familiar with the toads that create such a din during their breeding period. There are, however, a multitude of other frogs that may be hidden in the garden and seldom seen, or do not appear in the garden because the facilities are badly designed. 'Frogging' can be a fascinating hobby and once you discover the 'other' frog varieties, you will certainly be motivated to create an environment that will allow them to breed in the garden.

Frogs and toads are an exciting addition to the Wetland Area, and it is amazing how many species can be attracted to the garden. In fact, many home-owners complain about the raucous noise that some of these small creatures can make during the breeding season. Frogs and toads are probably the best environmental barometers and their disappearance from an area may indicate levels of pollution that are unacceptable. Toads, which do not have webbed fingers, have a rough, 'bumpy' skin with specialised glands on their backs, known as parotid glands. These glands release a thick, sticky secretion when the animal is stressed and this causes irritation in the predator - most dogs experience a swollen mouth at least once in their lives after trying to catch a toad. (This secretion does not cause warts in humans.)

Simply put, goldfish and Koi do not mix well with a wildlife garden. Unless drastic measures are taken to protect their lives, they will be eaten by a variety of birds that specialise in catching fish. It is, however, much more fun to stock the pond with cheap, indigenous fish and watch nature take its course. The tilapia is an ideal indigenous fish to place in the pond, as it will breed rapidly (even in a small pond) so its reproduction rate will ensure that there is a constant source of food for the kingfishers, Hamerkops, herons and various other birds. Terrapins and otters, if you are lucky enough to have them in your garden, will also enjoy a fishy meal.

The design of the pond is very important, and features like rocks, logs, and plant material will provide cover from predators. Thorn branches placed in the water will also provide cover for the fish, as well as an area in which breeding can take place. In nature, wetlands help to filter water, removing debris and absorbing harmful chemicals that may be collected by river systems. Wetlands also help to slow the rate of water flow and play a major role in combating soil erosion. In a garden, similarly, the wetland or marsh area - which should be situated adjacent to the pond - can be used to filter rainwater run-off before it enters the pond, or it can simply serve the wildlife with its unique characteristics. It will support the kind of plant life that will attract nesting birds, and will provide cover for shy water species like bitterns, Green-backed Herons and warblers; dragonflies will rest here, and some species of frogs will mate and lay their eggs in the sheltered waters.

When it comes to marking out the extent of your wetland, the bigger the better; ideally, it should not be smaller than two square meters. Excavate the soil to a depth of no less than 75cm, then line the hole with plastic sheeting. Black nursery sheeting can be used, but for durability, try to obtain plastic with a minimum thickness of 200 microns. If your budget allows, PVC sheeting is the best material to use. If the excavation is wider than the plastic sheeting, overlap the sections or glue them together. Once the sheeting has been laid, fill the soil back into the hole. Any water entering the wetland will be trapped by the plastic, and the area will take on the characteristics of a swamp. Ensure that when the pond overflows, the water will only be able to flow into the wetland you have created. Keep the wetland moist by simply running water into the pond with a hosepipe and allowing the pond to overflow once or twice a week. (This will also have the effect of 'flushing' the pond). Rainwater can also be channelled from the gutters of your house into the pond by connecting an inexpensive plastic pipe (minimum 50 mm diameter) from the gutters' down-pipe to the pond. When doing this, it is preferable to divert the water away from the pond when the first rain of the season falls. This allows all the pollutants that have accumulated on the house roof during the dry season to be flushed away without influencing the quality of the pond water. Subsequent rains should send an impressive quantity of water flowing into the pond and wetland.

In order to attract birds to nest in this area, it is essential to plant indigenous phragmites reeds and bulrushes. These plants give the necessary height and density to ensure that birds like the Cape Weaver and bishops will nest here. Bear in mind, however, that phragmites reeds and bulrushes are by nature invasive and a certain amount of mechanical control will be necessary to ensure that they do not stifle the other plants and invade the open water of the pond. Cut them back and remove unwanted runners once a year. Low-growing plants should be placed closest to the pond and not planted between the reeds. Trees that grow naturally along river banks should not be planted directly into the Wetland Area, but rather on the margins of the marsh and the pond, where the top layer of soil is dry and the tree roots are able to grow into the wet layers of deeper soil. Do not forget to keep them well watered throughout the year.

Some other tips to take into consideration when designing the Wetland Area is that it is recommended that half the surface of the pond should be shaded by adjacent trees, water lilies and logs to prevent excessive algal growth which is stimulated by warm water and sunlight. A gentle sloping edge is the secret to a successful wildlife pond. Creatures can wade into the water to a depth where they are comfortable. The pond liner should be placed on a bed of soft sand, free from any sharp rocks or other objects. A layer of river sand will protect the liner against dogs or even birds such as herons that may puncture it. Rocks and logs placed on top of the sand will provide protection for fish and other pond life. Indigenous reeds and bulrushes can be planted here. Smaller 'bog' plants can be planted on the shallow shelf in the foreground.



## WHITE BELLIED SUNBIRD

White-bellied sunbirds (*Cinnyris talatala*) are a sexual dichromatism species of bird meaning the male and female have different plumage. The male white-bellied sunbird is around 11 cm in length. During the breeding season, the male has a white belly and an iridescent throat and back. A metallic purple line is visible in direct sunlight, between the belly and the throat. The feet, legs and bill are black. Some males will have yellow pectoral tufts that are shown in a mating display. Outside of the breeding season, the male has a variable number of brown feathers in the green plumage. The female white-bellied sunbird's plumage is brownish grey, with an off white belly and flank.

White-bellied sunbirds are monogamous. The female builds an untidy pendant shaped nest of grass and leaves, often held together with spider's webs, camouflaged with leaves and bark on the outside. The female lays one to three eggs that are incubated solely by the female for around 14 days. The chicks are fed by both parents. The white-bellied sunbird is a brood host to Klaas cuckoo.

White-bellied sunbird are found in open woodland and dry acacia. This bird is a common park and garden visitor. They can be seen in the northeastern parts of South Africa and have no known threats.



## WILD DAGGA

Colourful and fast-growing, the Wild Dagga (also known as Lion's Ears, Wildedagga, Klipdagga, Duiwelstabak) is a perennial that is drought-resistant and has long softly hairy tapering leaves with serrate edges. Bright orange nectar-rich velvety flowers are displayed in whorls at the tops of each stem and begins to flower in early winter. A form with creamy-white flowers is also available. Nectar-rich flowers entice butterflies, bees and birds such as the White Bellied, Black, Yellow Bellied, Olive, Collared and Marico Sunbirds. Traditional remedies prepared from the leaves heal colds, flu, coughs, bronchitis, headaches, asthma and high blood pressure. A leaf and root remedy is used against snakebites. A flower and leaf treatment deals with tapeworm. Twigs added to the bath are said to soothe itchy skin diseases and relieve muscle cramps. An infusion of the aboveground parts is applied to sores on the legs and head. Apparently it is also drunk as a slimming medicine. The earliest dwellers in South Africa chewed and smoked this plant like tobacco. Wild dagga is not related to real dagga/cannabis.

Wild Dagga can be propagated from seed, from cuttings or by dividing up large clumps. This is probably best done in early spring. Using a spade, lift the clump. Divide, and chop away the older, less-vigorous looking sections. Replant newer, healthier-looking portions immediately into a well-prepared bed: do not leave clumps lying out in the sun for a long period of time. Water thoroughly immediately thereafter, and carefully for a couple of months until the plants are well established again.

The Wild Dagga is very easy to grow and is not really fussy about soil, but will do best in a rich well-drained loam with plenty of compost added. Mulch well and replenish regularly. Water well in summer but keep almost dry in winter. Feed it with slow-release 3:1:5 fertiliser occasionally. Although this plant can get by with very little attention, it really flourishes when well cared for. Trim back whenever it looks a little untidy. Suitable for gardens of all types - use in an informal border, on a rockery, or closely planted in groups of 3-5 plants along a driveway as it is a hardy, low-maintenance plant. Cut the plant right back at the end of winter - it will quickly send up new shoots.





# HAPPY BIRTHDAY

Happy birthday to KRV's residents who celebrated their birthdays in February:  
Frans (Unit 13) on the 20th and Alta (Unit 44) on the 25th.

Another happy birthday to Gerhard (unit 01) who will be celebrating his birthday on the 10th of March.

May the year ahead be an exciting and memorable adventure.

## March

BIRTH FLOWER

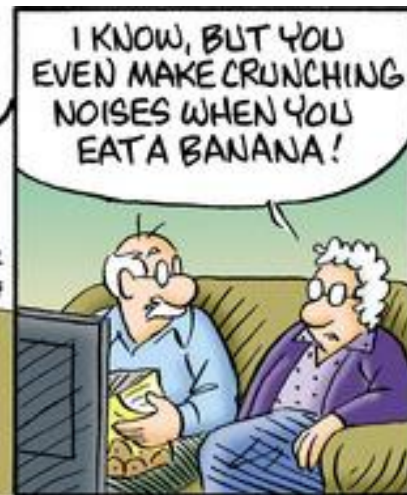
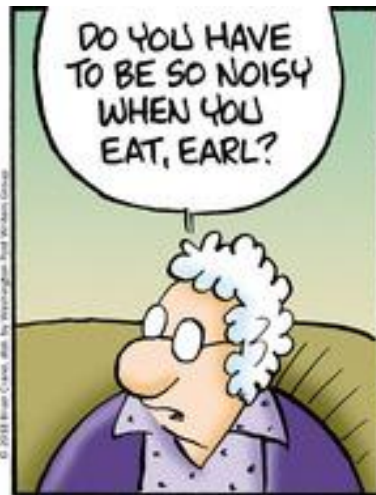
*new beginnings*

*vanity*

*good luck*

*prosperity*

*faithfulness*



### Total Rainfall for FEBRUARY

2017 = 50 mm

2018 = 22 mm

2019 = 63 mm

2020 = 66 mm

2021 = 52 mm

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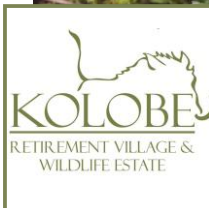
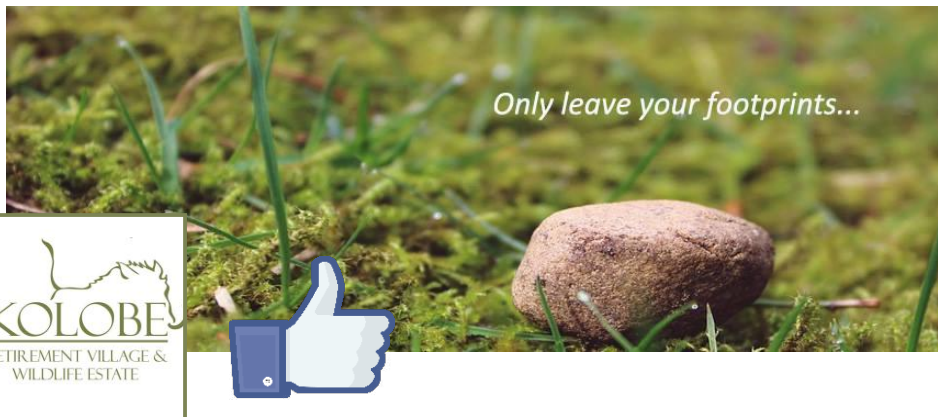
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# SAMURAI SUDOKU

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## NEW RESIDENTS

Kolobe Retirement Village & Wildlife Estate would like to welcome our newest residents, Dan and Jinnie who bought 74 Lekkerbreek Street. They moved into their new home in February. We wish you peaceful days and many happy memories in your new home.



Don't simply retire from something,  
have something to retire too.

Life is like a book.

Some chapters are sad, some are happy, and some are exciting. But if you never turn the page, you will never know what the next chapter holds.

## CONTACT DETAILS

### MARKETING AGENT

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info@koloberetirementvillage.co.za

### SALES AGENT

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kolobejnr@gmail.com

### DEVELOPER & MANAGING DIRECTOR

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