

HAPPY NEW YEAR 2025

The board of Kerkakkers District Committee wishes you good luck in good health and hopes to meet you again in 2025 at the activities of the district committee. Look at page 4 for the Agenda.

Want to save on your energy bill?

Insulation and ventilation – free information evening
You have probably already thought about saving on your energy bill by making your home energy efficient. Good job! Did you know that the first step is insulation? This saves energy, and therefore money.

Heating is the biggest energy consumer in the house, and good insulation can therefore save a lot. Insulation pays for itself quickly and also increases the comfort in your home. A well-insulated house is an important condition for further steps towards sustainability, for example the installation of a heat pump. However, with good insulation and sealing cracks, it is important to also ventilate well to maintain the air quality in the house.

On February 12, the Kerkakkers District committee and Energiek Valkenswaard will organize an information evening "energy café" about insulation and ventilation. The evening starts with an independent presentation (in Dutch) made possible by KempenEnergie. After a short break, some companies show what the market has to offer. You can get informed and discover what steps you can already take yourself to save on your energy bill.

Insulating and ventilating at the energy café:

- Date: Wednesday 12 February 2025 at 8:00 pm
- Walk-in: From 7.30 pm with free coffee or tea
- Location: Buurtgebouw De Horizon, Amundsenstraat 5 Valkenswaard
- Sign up: Send an email to info@energiekvalkenswaard.nl

We hope to see you there!



Voor de nederlandse versie van deze nieuwsbrief zie onze website:
www.wijkcommissiekerkackers.nl

Lunch for singles

Do you live alone? Then we invite you to come and have lunch with others once a month.

From January 31, every last Friday of the month, in Community Center "in de inloop" of Lunet, Mgr. Zwijsenstraat 4 at 12:00 noon.

You don't have to leave it for the money, we can offer lunch for € 5.00 per person.

You will then receive homemade soup, rolls, bread white and brown, spreads, other delicacies, coffee, tea, and other drinks of your choice.

The district committee wants to bring you into contact with each other; alone is also alone.

We can have a lot of fun together and we have to eat anyway.

We do ask you to register in advance no later than Monday so that we can buy enough. You can do this by sending an e-mail to:

bestuurslidkerkackers@gmail.com or by leaving a note in our mailbox: Dr. Ariënsstraat 20.

You just need to provide your name and what month you are coming for lunch.

We hope to meet you!!

We invite you!!

The neighborhood committee invites you to organize something in the neighborhood. High on our wish list is a garage sale in the spring and a neighborhood activity on National Neighbor Day (26-27-28 September 2025)

Take a look at www.burendag.nl

But if you don't want to go so big and do want to do something, we invite you to organize something for your street. Approach neighbors to see if they feel like participating. Examples: a street play day for the children, a street BBQ, a New Year's drink, etc, etc. The neighborhood committee can support you financially. We now also have two party tents that can be borrowed, one of 6 x 4 meters and one of 3 x 3 meters.

The goal of the neighborhood committee is to connect as many people as possible. Get to know your neighbors, you can have a lot of help from each other, in addition to of course the fun.

Once you have completed your plans, please contact our board and we will see to what extent we can help you. Have fun!!

A status holder in Kerkkakers



Hi, my name is Hayleab. I am 17 years old and have been living in the Netherlands since October 2022.

I have already lived in different places, and at the end of October I moved to Valkenswaard.

A day in my life:

My day starts at 06:30. After a fresh shower and a light breakfast, I take

the bus to Eindhoven station and travel on to Veghel, where I go to school at the Koning Willem I College. My first lesson starts at 08:20. At school I work on my Dutch and math, and on Tuesday afternoons we have gym class.

After a long day at school, I go back home. Around 4:30 pm I am home and I cook a meal together with the other residents. I often make an Eritrean meal and put on Eritrean music for some atmosphere. After dinner I pack my sports bag and go to Basic Fit by bike. I do body pump and cardio training there to stay fit.

At the moment I am looking for a part-time job in Valkenswaard or Eindhoven. I'm turning 18 soon, and that brings a lot of changes. Together with my supervisors, I work on a good preparation for this step towards independence.

Sincerely,
Hayleab

Getting to know new people and strengthening your network: Maak Rimpels!

If you, as 65+, want to remain independent and independent for as long as possible, the broad health program "Maak Rimpels" is for you. More than two hundred enthusiastic participants have already preceded you in Valkenswaard. With great pleasure and success, two beautiful groups have started in the Kerkkakers last year, who meet weekly during the coffee walk-in moment in the community center "in de inloop" of Lunet in the Mgr. Zwijzenstraat 4 on Wednesday morning.

In the new year we would like to start a new group in the Kerkkakers, this time on Monday morning, will you join us? (It's in Dutch)

It is offered **free** of charge by your municipality, in cooperation with health insurers, general practitioners and the Kerkkakers District Committee.



Make Wrinkles consists of four program components: **"Positive Health"**:

We meet four times to gain insight into and become aware of our broad health, a real "gift" for yourself.

"Digital skills": we discover the smart phone in six meetings, "surf" the internet safely and introduce useful apps to stay independent and active. This is also suitable for people with little or no experience with the smart phone. **"Vitality"**: we improve our balance, strength and flexibility in two times eight meetings under the guidance of an experienced exercise coach, because moving together is so much more fun.

And **"Co-reliance"**: through the meetings a beautiful and warm group process is created in which people look after each other and in which the request for help dares to be asked.

In four meetings we make agreements with each other and learn to stay (digitally) connected to the group. As we get older, acquaintances and family disappear, how nice is it to go out together, for example to go for a walk or to eat together every now and then. Which activity the group will do after completion depends on the group itself. We start with the program component "Positive Health" on **Monday morning, January 20**, from 10:00 to 11:30 am.

The Positive Health follow-up meetings will be held at the same time and location on January 27, February 3 and 10, in Community Center "in de inloop" at Mgr. Zwijzenstraat 4.

For questions and registration, please contact Ankie Slaats, telephone 06-4224 9471 or e-mail bestuurslidkerkakers@gmail.com

You can also register via the website:

www.maakrimpels.nl via the "inschrijvingen" button.

Larger working area of the District Committee

Proud of what we achieve together, we regularly talk about it. This is also the case with the representatives of the municipality. From there we were informed that in a large part of what is referred to as "center" no neighborhood committee is active. However, the municipality does see this as an added value for citizens. That is why they asked the committees of the neighboring neighborhoods if they would like to "adopt" part of that area, adjacent to their neighborhood. For us, it concerns just under 400 addresses. You have to think of the beginning of the Kromstraat - where we were not officially active - and an area that is roughly bounded by the Waalreseweg (from the Dijkstraat) to the Kerkhofstraat with the area behind it up to our neighborhood boundary. This includes the Elcomapark, Huisveld and Kerkeveld.

We have indicated that, if we can find the volunteers for it, we would be happy to try. Jan Sanders and Jarno van de Giessen have already succeeded in finding a number of street contacts in the expansion of our working area. A few of them were already present at our volunteer thank you evening. However, we can always use more. If you are someone who lives in this expansion and you might want to become a street contact, please report to our secretariat so that we can send someone along for a no-obligation conversation.

Has your green wheelie bin not been emptied?

In the winter months, the supply of green waste is much less than average, which is why Cure will come and empty the green organic waste bin less. Instead of every two weeks, they only come once every four weeks until the end of February. From March 2025 again every two weeks.

Please note: the time of collection may be earlier: put the wheelie bin out before 07:00.

For a handy waste calendar 2025, the email alert service or the Cure app,

See: www.cure-afvalbeheer.nl/en (English)

Hey join us! Save the hedgehog.

In 10 years, half of all hedgehogs have disappeared. They have less and less space to live. They become starving, poisoned or run over. About 135,000 are killed every year. As soon as a hedgehog feels threatened, it curls up into a ball within three seconds. And that is one of the biggest problems. A coat full of spines does not work against cars. They also drown in ponds and are sometimes killed by robot lawnmowers. You can prevent the latter fairly easily by driving the mower during the day instead of at night.

Make your garden as hedgehog-friendly as possible so that they don't have to travel as long distances to find enough food. They are then less likely to have to cross a road.

What can you do?

Give hedgehogs a home in your garden.

Ten tips to help hedgehogs in your garden:

1. Provide shelter: rough corners and quiet nesting places;
2. Choose native plant species: they provide much more food, or
3. Choose a hedge or wooded edge instead of a fence;
4. Provide a hedgehog gate or hedgehog path in your fence;
5. Make sure hedgehogs can get out of your pond by providing a gangway;
6. Avoid the use of pesticides and slug pellets;
7. Feel free to feed the hedgehogs in your garden;
8. Don't leave anything lying around that hedgehogs can get entangled in;
9. Keep dogs and cats indoors or in a run at night;
10. Request the free hedgehog house package with construction drawing.

www.natuurmonumenten.nl/aanvragen/egelpakket

For more information go to:

www.natuurmonumenten.nl

If you have any questions or comments, please contact the biodiversity working group.

Walk-in centre Agenda



Walk-in center "in de inloop" Mgr. Zwijzenstraat 4. While enjoying a free cup of coffee or tea, have a nice chat, be creative and/or play games. Are you coming too? **EVERY WEDNESDAY**-morning from **10:00 to 12:00 am** (not on January 1)

Wednesday 8 January **New Year's coffee** with something tasty and coffee/tea.

Lunch for singles

Every last Friday of the month at 12:00 noon, in Community Center "in the walk-in" Mgr. Zwijzenstraat 4. For registration see the explanation on page 1.

Playgrounds have name plates again

Elly and Marijn Damen-Wijnen, two active local residents have made and placed new nameplates for our playgrounds. We are happy with their commitment to the neighborhood and grateful for the three beautiful signs. Take a look at the playground "De Pionier" on the Columbusstraat, the playground "Het Mollenveldje" on the Min. Aalbersestraat and the playground "Het Schaepke" on the Dr. Schaepmanstraat. Our neighborhood has become a bit more beautiful again.



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Volunteer in our neighborhood:

Being a volunteer...

Is voluntary, but not without obligation;

Is connected, but not bound;

Is priceless, but not for sale;

Is positive thinking, acting positively;

With the sole purpose, for yourself and the other, a good feeling.

We are urgently looking for a fifth board member. Please inquire without obligation what it entails. You are welcome to join in the neighborhood. You will get to know the neighborhood better, your living pleasure will increase.

Hee do you join us?

Door & Voor evenings

Every **second Wednesday evening of the month**, a free lecture, excursion or workshop is organized "By & For" local residents, in community center De Horizon, Amundsenstraat 5. Start is 8:00 pm. Admission is free, as is coffee and tea.

Agenda Door & Voor evenings

- **Wednesday January 8, No meeting.**
- **Wednesday Februar 12, 8:00 pm**

Theme: Energiek Valkenswaard comes to provide information (in Dutch) about "insulation and ventilation".

See also page 1 for more information.

Admission is **free**, as is coffee and tea.

31 December Oliebollen at neighbourhood association De Horizon

Like every year, neighborhood association De Horizon bakes them brown again this New Year's Eve. The oliebollen are for sale on December 31 at the community center, Amundsenstraat 5, between 9 am. and about 3 pm. You can choose: with or without raisins. The proceeds go to activities of the neighborhood association for the youth / neighborhood.