

# ZASTRONNER

Uitleg en Ontwerp deur TSD Groep (info@tsd.co.za)

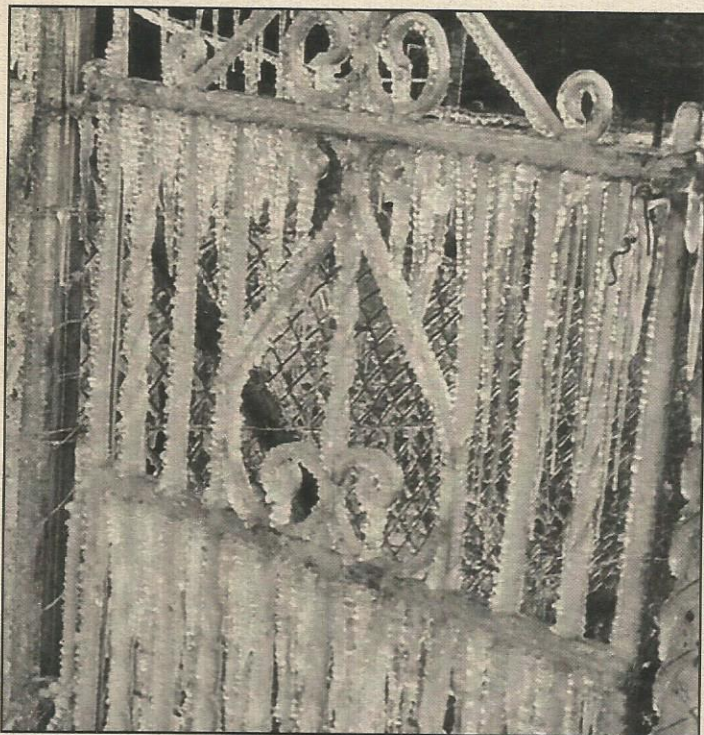
~ Julie 2014 ~

Prys: R10.00

## Zastron se eie 'Frozen' Wonderland

Op die oggend van 11 Junie 2014 is rekord lae temperature gemeet vir hierdie winter. Teen 7 uur in die oggend was die kwik steeds op  $-7^{\circ}\text{C}$  in Zastron! (Blykbaar was Aliwal Noord se nagtemperatuur daardie aand  $-12^{\circ}\text{C}$ !) Lesers het vir ons baie mooi fotos van ons eie "Frozen" wonderland ingestuur.

Volgens die weerkantoor gaan ons die winter nog baie koud kry. So, trek die komberse nader, maak die kaggelvuurtjies en raak snoesig!



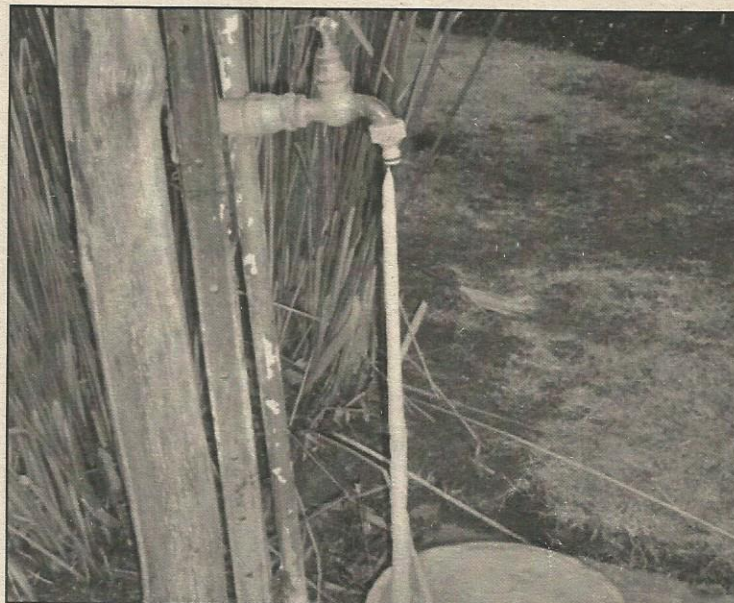
Louise het die foto van haar tuinhekkie geneem op 11 Junie 2014. Yskristalle wat blink in die oggendson.

Foto: Louise Fonternel



Danie het die foto van sy fontein geneem op dieselfde vriesende oggend, 11 Junie 2014. Stalagtiete van ys!

Foto: Danie Marais



Hierdie kraan het deur die nag gedrup en die water het soos 'n stalagtiet van die kraan af tot in die waterbak gevries.

Foto: Verskaf

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## Uit Ons Pen

Goeie dag, Zastronners

Die seisoen van veldbrande en beesslag is hier. Hopelik word ons wilde vure gespaar en hopelik het die veldbrand teendie hange van Aasvoëlberg nie ons aasvoëlntrekkers verjaagnie. Ons rapporteer in hierdie uitgawe oor getalle soos dit waargeneem word deur Wikus Barnard (bladsy 7) en soos hy dit aanstuur na Kate Webster van wie ons 'n artikel gekry het – wat sy in volgende uitgawes sal herhaal – oor haar ondervindings met aasvoëls. Sy het van Queenstown af deurgery om die aasvoëls op ons berg te kom waarneem. Sy werk nou saam met Vulpro wat 'n organisasie is wat hom beywer vir die bewaring en rehabilitasie van aasvoëls landwyd. Hulle is baie opgewonde oor ons intrekkers en hoop saam met ons dat dit in 'n broeikolonie sal ontwikkel. Ons plaas ook baie mooi foto's, geneem deur Hanro Brown, van ons pragtige berg (bladsy 18). Hy het die berg so 'n maand gelede uitgeklim en die baie mooi foto's geneem met die son wat oor sy skouer geskyn het. Wel gedaan, Hanro! Op die foto kan aasvoëls gesien word waar hulle aan die agterkant van die "oog" onder die kranse sit.

Die koue weer bring baie mooi foto-geleenthede. Ons plaas twee fotos – geneem op die snerpende oggend van 11 Junie 2014. Ons nooi ons lesers uit om vir ons mooi of interessante foto's te stuur sodat ons ons koerant daarmee kan versier asseblief!

Ons vra weereens dat enigiemand wat sou belangstel om nou al betrokke te raak by Zastronner met die oog daarop om die koerant aan die einde van die jaar oor te neem, om ons asseblief te kontak. Dit is 'n baie lekker projek en sal iemand wat nie 'n vaste werk het nie en kreatief besig wil wees, soos 'n handskoen pas.

Geniet hierdie uitgawe van Zastronner. Lekker lees!

### NOTICE

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**Artikels, stories, briewe, ens. kan gestuur word na [squares@mweb.co.za](mailto:squares@mweb.co.za).**

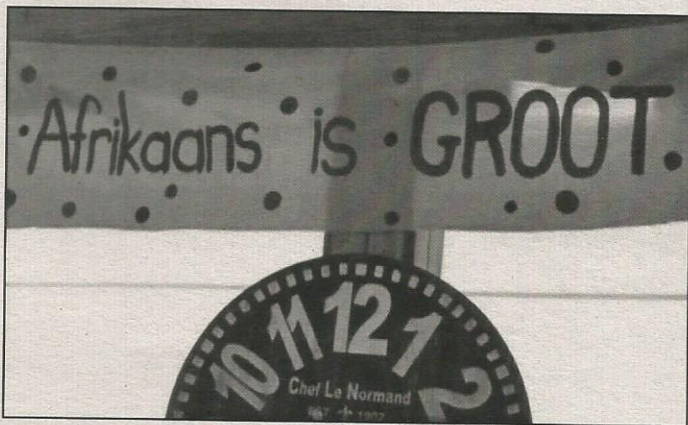
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**Oog bakkery, Zastron Kafee, Zastron Drukkers, Nell's Restaurant, Squares, Kotteljonsie en Kanaän.**



# Afrikaans is groot

Al ooit gewonder wie is die Afrikaanse ghoeroe van Zastron? Wel, jy hoef nie meer te wonder nie, ons het haar gekry.



Die ATKV-tak van Zastron, tesame met die arbeidsterapeute werksaam by Matlakeng kliniek, het dit op hulself geneem om die afrikaanse ghoeroe van Zastron op te spoor. Die gebeurtenis het op 27 Junie by Huis Vergesig plaasgevind. Twee deelnemers van verskillende ouderdomsgroepe het aan die gebeurtenis deelgeneem. Tannie Sterna Maritz en Rina Bester het die ouetehuis verteenwoordig, oom Willie Riesenbeek en tannie Helene Snyman die bejaardes uit die gemeenskap, Retha Marais en Cornè van Niekerk die middeljariges en Elri van Rooyen en Janet Malherbe die skoolkinders.



Oom Lomon de Jager was die seromoniemeester en oom Alex van Rensburg het die foto's kom neem en ons weer verteenwoordig by die Volksblad. Tannie Thea Jordaan en Anri de Kock het die vroe uitgewerk en dr. Annelise Kevè het gehelp met die beplanning. Die ATKV-tak was verantwoordelik vir die pryse. Baie dankie ook aan Anell Swart vir haar bydrae om die dag moontlik te maak.

Daar was verskeie afdelings waarin die deelnemers individueel of in spanverband moes deelneem. Bonuspunte is gegee en daar was selfs pryse vir die gehoor.

Dit was 'n heerlike gebeurtenis wat vreeslik geniet is deur beide die deelnemers en die gehoor. Elke deelnemer het 'n prys ontvang.



Die Afrikaanse ghoeroe van Zastron vir 2014 is tannie Helene Snyman. Sy is as ware 'n lopende woordeboek. Baie geluk tannie, tannie wys ons oud is beslis nie koud!

## SQUARES

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# Among my Souvenirs

## The Story of Snow White and the seven dwarfs

*An old 78 speed record, a very worn out pamphlet and a small lead figure of a most beautiful young girl, prominently displayed in my Taverna Venezia, take my thoughts back a long way in time – to be exact, to the afternoon of 12th August 1939 in Zastron.*

Everywhere fresh green leaves and grass herald the advent of spring in Zastron. Excitement is rife, especially among the youngsters, on this Saturday. Now what could be so special as to fire the emotions of the population of this small Eastern Free State town? Certainly a great event to hit such a small town. Walt Disney's famous film "Snow White and the seven Dwarfs", without doubt, one of the greatest films of all time, is to be shown in the Olympia Cinema this afternoon and tonight.



The little lead figure of Snow White.  
Photo: Alex van Rensburg

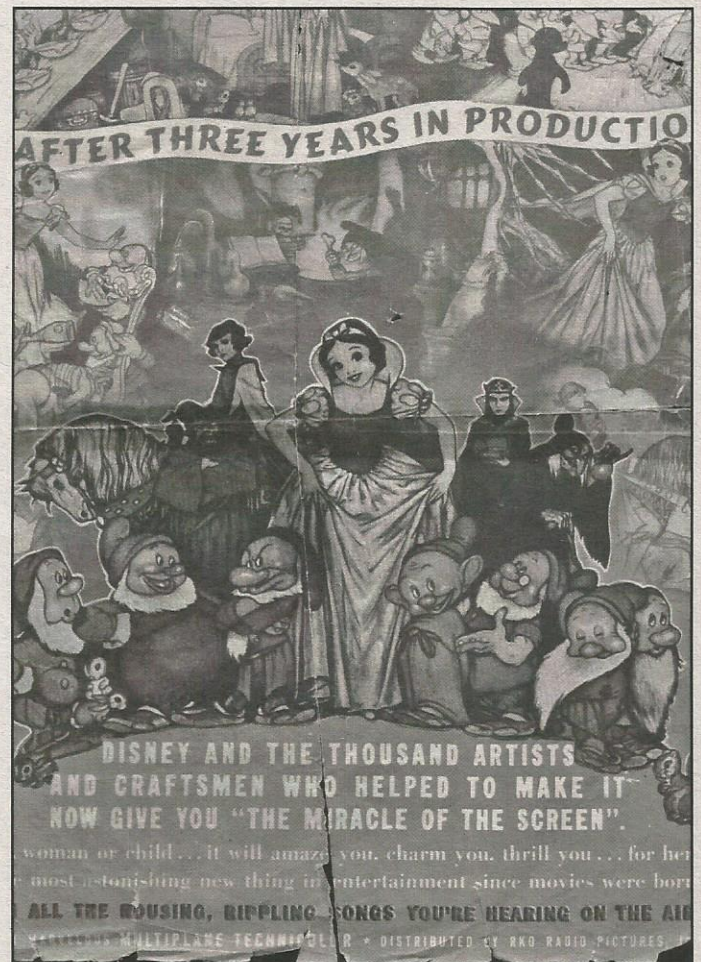


The front of the old Pamphlet.

Photo: Alex van Rensburg

The pamphlet issued by Walt Disney Studios in America and distributed by the Olympia Cinema, indicates afternoon seat prices @ 2/4d (25c) and 1/2d (14c). All Evening seat prices are shown @ 2/4d. It also states that after 3 years in production, Disney and a 1000 artists, bring you this miracle of the screen. The record is a copy of the original sound track of the film with dust jacket in pristine condition. The little lead

figure is that of the original Snow White issued in toyshops wherever the film was showing. Unfortunately the seven dwarfs are missing, probably due to the fact that a small boy of that age did not have the few extra coppers in his pocket to purchase them! The collection is completed by a DVD of the original film. As a small boy it was my privilege to see this film in the Olympia Cinema – truly one of the great wonders of the screen.



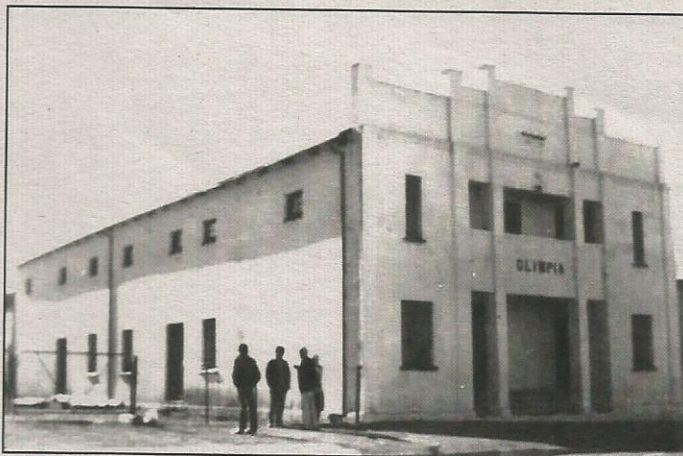
The back of the pamphlet.

Photo: Alex van Rensburg

That afternoon the cinema was packed to capacity, everyone being glued to their seats as the excitement grew. Accompanied by songs such as, "Some day my Prince will come", it was hard to curb the tears as Snow White swallowed a portion of the poisoned apple, everyone thinking she was dead.

While she was lying in state her Prince came and kissed her. This revived her and she mounted his beautiful white horse to depart for the Royal Palace where, of course, the couple lived happily ever after.





The Olympia Cinema in which Snow White showed 12th Aug 1939.

Photo: Alex van Rensburg

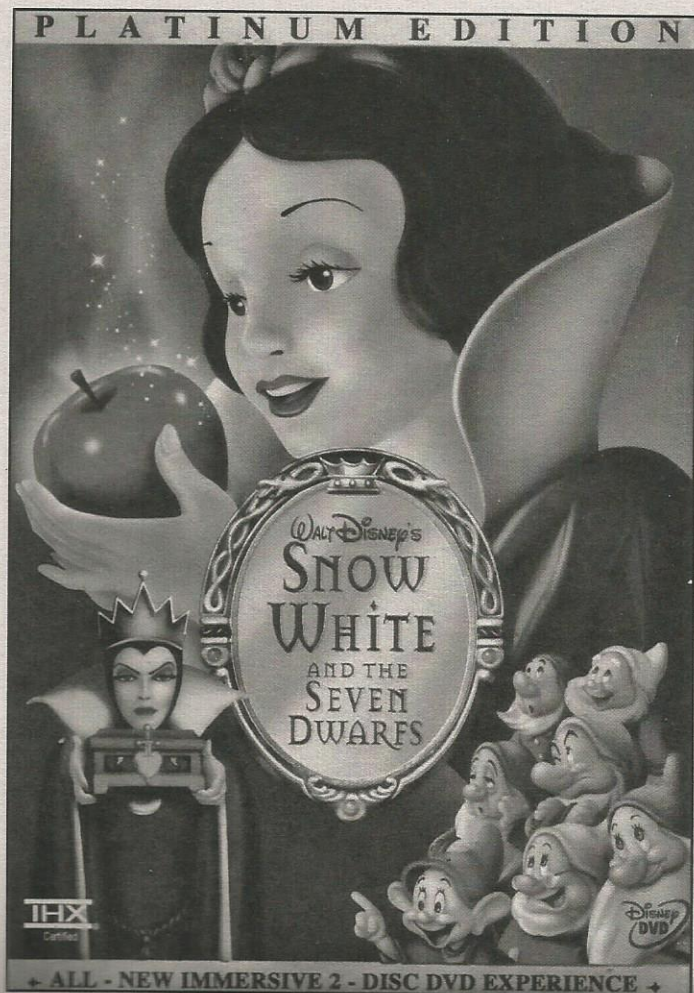
As the onlookers left the hall after the show, it was nice to see how tearful faces had changed to smiling ones as they realised that this beautiful girl was not dead, but very much alive, in the arms of her fairy Prince!



The record in its dust cover.

Photo: Alex van Rensburg

~ Alex van Rensburg



The DVD of the Film.

Photo: Alex van Rensburg

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# Cape Vultures

Recently I had the privilege of meeting some wonderful people living in and around Zastron. What brought us together? Interestingly enough large big birds called Cape Vultures.

Cape Vultures (*Gyps coprotheres*) is one of the 8 vulture species found in Southern Africa. They are the only endemic vulture to Southern Africa and have the smallest distribution of all Old World vultures. Old World vultures are found in Africa, Asia and Europe and depend on their eye sight to find food. New World vultures are found in the Americas and have a good sense of smell to locate their food source.



*Adult Cape Vulture.*

Cape Vultures furthermore belong to the *Gyps* group of vultures of which there are 8 species in this group. The other *Gyps* species that can be found in Southern Africa are the African White-backed vulture (*Gyps africanus*), which used to be called Pseudo-gyps, and the Ruppels Griffon (*Gyps rueppellii*). The *Gyps* species are characterised by large bodies, periscope-like necks, narrow heads, noisy, cream and brown in colour and cliff nesting. They can also be called Griffons. The one exception here is that the African White-backed breeds in trees.



*Cape and Lappet-faced Vultures at Vulpro.*



*CapeVulture showing black primaries in the wings.*

Cape Vultures have been present around Zastron for many years. From as early as the 1940's this colony has been monitored and as many as 300 birds were recorded at times, however there was a drastic decline in the number of birds seen from the early 1990's. Various reasons were given for their disappearance with deliberate poisoning and the shooting range close to the Aasvoëlberg being labelled as the main culprits. This situation seems to have changed recently and this was the reason for my visit. This particular roost/colony is the only recorded site in the Free State where Cape Vultures can be found. Although the Lesotho border is not too far off and there are a number of colonies found in the mountainous area of Lesotho, this colony is a very special one for all the people of Zastron.



*Combination of adult and immature Cape Vultures.*

Cape Vultures, being our only endemic vulture species to our part of the world, is part of our heritage. It is for this reason that any Cape vulture colony should be guarded and looked after as these large birds are coming under increasing pressure for survival. Presently there are approximately 2 000 breeding pairs left in Southern Africa and these birds have already disappeared from our neighbouring countries, Namibia and Swaziland. As with all large birds, their reproduction rate is extremely slow – they lay one egg per season and only after turning 5 to 6 years of age!



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Zastronners therefore are actually very privileged to have these birds on their doorstep and need to guard this special heritage. Unfortunately, birds have wings and will fly. However, if they are not threatened, they will stay in this colony, hopefully for many more years to come.



*Palmnut Vultures.*

Adult Cape Vultures are quite white in colour as opposed to the immature and juvenile birds with a browner wash on their bodies. The primaries (outer wing feathers) will always be black. So as these birds fly over you in your area see if you can identify the adults and younger birds.

In my next article, I will go into greater detail regarding the Cape Vulture specifically and explain why they are under such pressure. In the meantime, watch and enjoy your special heritage on your doorstep!

### Question:

Without consulting any literature, see if you can name the other species of vultures found in Southern Africa?

### Answers:

Lappet-faced vulture, African White-backed vulture, Ruppells Griffon, White-headed vulture, Hooded vulture, Bearded vulture and Palm-nut vulture.

~ Kate Webster



*Young Cape Vulture chick.*

### Aasvoël getalle

Ek is gevra om elke maand die Aasvoëls te tel en die getalle deur te gee aan Kate Webster. Op 25 April was daar 120 aasvoëls getel. Ek het besluit om na die brand op Aasvoëlberg ondersoek in te stel of dit wel die Aasvoëls beïnvloed het, en ek het Sondag 22 Junie op gegaan om te tel. Tot my verbasing het ek 104 Aasvoëls getel, waarvan 80% volwasse voëls is. Ek is nie dood seker nie, maar dit lyk vir my of daar 'n broeipaar ook is.

Ek wil vra indien enige iemand 'n beseerde of dooie Aasvoël iewers sien, my asseblief sal kontak.

~ Wikus Barnard

0824540345

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# Lief en Leed uit Huis Vergesig

Henry David Thoreau het gesê: "Watter vuur kan die sonskyn van 'n winterdag ewenaar?" Ja, ons nagte is bitterkoud, maar as ek die snoesige kombes so om my ore toewoel, weet ek: more gaan die son weer skyn! G'n wonder dat die son ook bekend staan as die arm-man-se-baadjie nie.

Vir ons verjaardagmense van Junie bid ons elke dag goeie gesondheid en 'n vrolike hart toe.

Junie: 8 – Eunice Mboho (personeel)

14 – Frans Smit

15 – Lucy Lemahone

30 – Hannelie Swanepoel

Julie: 2 – Inga Jordaan

10 – Sterna Maritz

21 – Ansie Marais (personeel)

Baie welkom aan ds. Chris, wat ons elke Dinsdag versterk met sy boodskappies. So ook Frikkie en Nola Labuschagne, wat ons nuutste toevoegings tot die Huis Vergesig-familie is.

Hoogtepunte: Die SKJA het Huis Vergesig besoek, en met hul sang en liefde almal se harte aangeraak.

'n Kompetisie, onder die vaandel van die ATKV, is deur Anri de Kock en Helene Swanepoel aangebied. Die doel was om die taal-ghoeroe van Zastron aan te wys, en die 8 deelnemers is gepeper met taalvrae. Dit was regtig groot prê.

Toe was dit die staking. Weereens het die ATKV daarin geslaag om 'n baie interessante haas uit die hoed te trek!

Baie van die artikels waaraan die breiklub so hard gewerk het, is voor Kotteljonsie verkoop, maar daar is nog baie wat verkoop kan word. Kom kyk asseblief!

Ware vriendskap is soos 'n dik wintersjas wat 2 mense saam kan toevou en warm hou. Kom ons wees hierdie winter so 'n vriend vir iemand wat koud kry.

~ Helene Snyman

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## Bekende van Zastron se skielike dood skok gemeenskap

### Willem Coertzen

Willem soos almal hom geken het is op 4 Mei 1938 in Koffiefontein gebore. Nada hy en sy familie in verskeie dorpe en stede gewoon het, is daar in 1974 besluit om na Zastron te verhuis waar hy die Springbok kafee oorgeneem het.



Wyle Willem Coertzen, eienaar van die Springbok Kafee op Zastron.  
Foto: Alex van Rensburg

Die kafee was baie gewild en Sondae, na Kerk, was dit volgepak met mense wat net oor 'n koppie tee en iets te ete, wou kuier. Ten spyte daarvan dat tee en koffie 5c 'n koppie en 'n allegaartjie (mixed grill) 50c gekos het, is daar flink sake gedoen.

Springbok kafee was ook die eerste sakeonderneming in Zastron wat Video Bande en Masjiene aan die publiek beskikbaar gestel het.

Willem was tot by sy dood 'n ywerige leser van boeke en dit was 'n algemene gesig om te sien hoe hy versigtig sy boek neersit en eers 'n klient bedien.

Hy is, nadat hy in die plaaslike hospitaal opgeneem is, skielik oorlede. Hy laat sy vrou, Kitty, 'n seun en drie dogters en sewe kleinkinders agter.

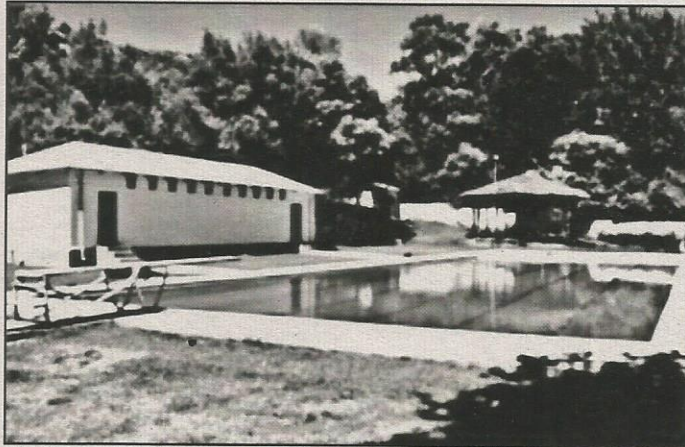
## Koop en verkoop asook vervoer van lewende hawe.

**DIENS IS ONS LEUSE!!**



# The destruction of the Swimming Bath in Zastron

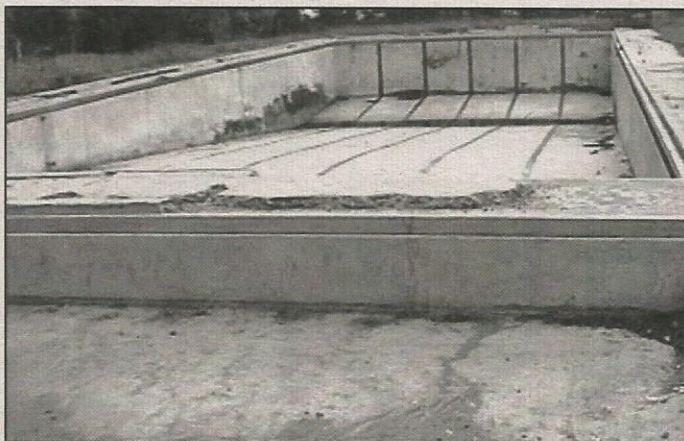
It was a swimming bath built to Olympic standards. Swimming Galas were regularly held. So popular were these galas that every inch of parking space, within walking distance of the bath, was utilised. The grounds, situated in a quiet and peaceful part of Eeufees Park, next to the road leading to the "Kloof" dam, was packed to capacity with spectators. Yes, Zastron's swimming bath was equal to and could compete with any other in South Africa. Being very popular with both the public and the High School Zastron, it was built in the early forties of the previous century.



The Swimming bath in 1980.

Photo: Alex van Rensburg

Then it happened – in 1993 the Town Council with a majority vote, opened the Bath to all Races. Making use of this concession, hordes of children from Matlakeng descended on the swimming bath. Led by a teacher they refused to pay the half cent entrance fee charged. The woman at the gate could not allow this without permission from the Town Council, so she refused. At this, chaos broke loose and the children forced their way through the fences and swarmed into the bath. Not knowing what to do, the gatekeeper abandoned her post running down the street with tears flowing down her cheeks. After this, angry children stuck pieces of broken fencing, strips of wood and other debris into the openings of the water purifying equipment, damaging it, so badly, that it could not be repaired.



The Swimming bath in 1980.

Photo: Alex van Rensburg

The result of this was that the water could not be purified, nobody manned the entrance gate and most of the fences were flattened. Entrance to the grounds was thus very easy.

Eventually the water became so dirty that the bath had to be drained, this being the reason for the destruction to start.



Slogans were sprayed on the walls of dressing rooms. Photo: Alex van Rensburg

Tiles were broken to smithereens, from the dressing rooms, washbasins, showers, toilets and wooden doors were forcefully removed. Apparently the Municipality managed to save a few toilets, but the rest were looted. Doorframes were broken out and used to make fires on which rabbits were roasted, on the floor. The floors were also used as toilets.

Once a shining treasure in soft peaceful surroundings, it took only a very short while to reduce it to a ruin, an eyesore for visitors to see as they enter the park – a ruin that, so easily could have remained a jewel.

~ Alex van Rensburg



The crystal clear waters, still clean and healthy, in 1992. Photo: Alex van Rensburg



# **Twee Vrystaat Plattelanders raak in Suid Korea verloof**

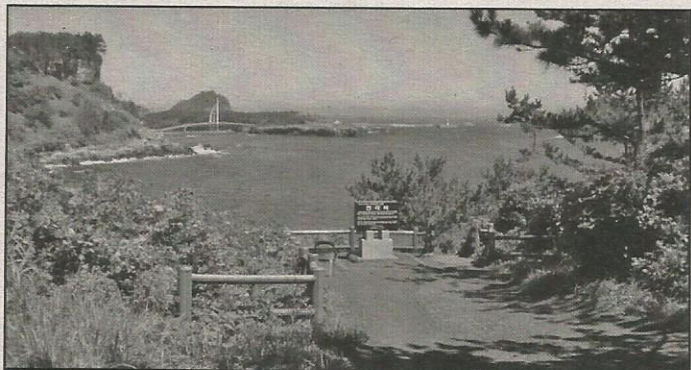
Hulle het mekaar nie eens geken nie – nie eens van mekaar se bestaan geweet nie.

Nadat die twee, Alex Marais op Zastron en Johanè van Niekerk op Bothaville, einde 2008, matrikuleer het, het albei as drama studente by die Universiteit van die Vrystaat, ingeskryf.



Alex en Johanè met Die Suid Koreaanse Vlag.  
Foto: Alex van Rensburg

Alhoewel hulle mekaar gereeld op Universiteit gesien het en ook gereeld saamgewerk het, het 'n romantiese verhouding eers nadat albei die graad BA Drama ontvang het, ontstaan. Marais het nog 'n jaar, terwyl hy in 'n video winkel gewerk het, studeer, om sodoende homself as Engelse onderwyser te bekwaam. In Maart 2013 aanvaar hy 'n kontrak vir 1 jaar in Suid Korea om sodoende die kinders daar, Engels magtig te maak.



Die Romantiese eiland van Jeju in Suid Korea  
waarop die twee Vrystatertjies verloof geraak het. Foto: Alex van Rensburg

Intussen het Johanè in verskillende restaurante in Bloemfontein gewerk, terwyl sy ook somtyds as sangeres by die Casino opgetree het. Sy het egter in Junie/Julie vir Alex in Suid Korea gaan kuier, waar die twee dan ook op die Romantiese Eiland van Jeju, op 5 Julie 2013, verloof geraak het.

Die paartjie is van plan om op 3 Mei, in Bloemfontein in die huwelik te tree waarna hulle, hulle wittebrood in Zanzibar sal deurbring.



Johanè op die rots op Jeju Eiland in Suid Korea, waarop die twee verloof geraak het.  
Foto: Alex van Rensburg



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**GETCET BLOEMFONTEIN / ZASTRON**

## **Ou - Zastronners!**

In die jongste Matieland, die alumni-tydskrif van die Universiteit van Stellenbosch, verskyn daar 'n lys van US-Personeellede wat groot hoogtes bereik het, en onder die 14 presteerders is daar 2 Zastronners: Prof Frans Swanepoel en dr Corena de Beer. Hulle is albei hier gebore, en het hul skoolloopbaan aan die Hoërskool Zastron begin en voltooi, Frans in 1978 en Corena in 1982.

Prof. Swanepoel is Adjunk-direkteur van die Afrikaanse Doktorale Akademie, en is aangestel as leier van die nasionale konsensusstudie om nuwe lewe in landbou-onderwys en -opeiding te blaas.

Dr. de Beer is 'n senior mediese wetenskaplike aan die afdeling Geneeskundige Virologie, en het onlangs vir die 2de keer die titel van vroue-wêreldkampioen in langafstand voorlaaierskiet verower. Sy is die enigste Suid-Afrikaanse vrou wat langafstand-swartkruit op nasionale vlak skiet, en is tans nommer 12 in die afdeling, wat mans en vrouens insluit.

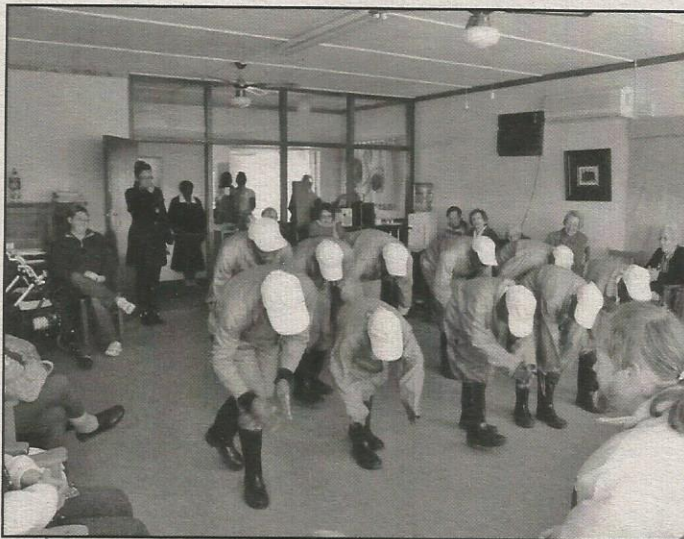
Nogal 'n veertjie in die hoed van Hoërskool Zastron!

~ Helene Snyman

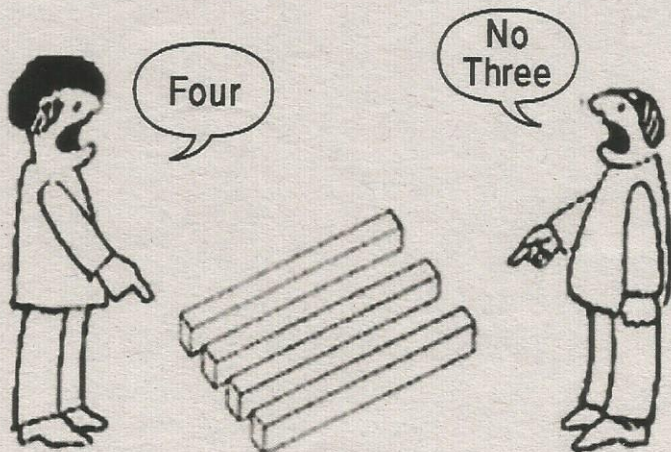


# Huis Vergesig toyi-toyi

Op Dinsdag 10 Junie 2014 het die inwoners van Huis Vergesig getoyi-toyi. ATKV Zastron het gryswys aangebied. Die inwoners het heelwat geleer oor toyi-toyi en sommer "gumboot dancing" van naby gesien. Die "Gumboot dancers" van Samuel Johnson het luisterryke kleur aan die geleentheid verleen.



It is really confusing!!!



## Kotteljonsie

Matheestr 23  
Zastron  
9950  
051 673 1369

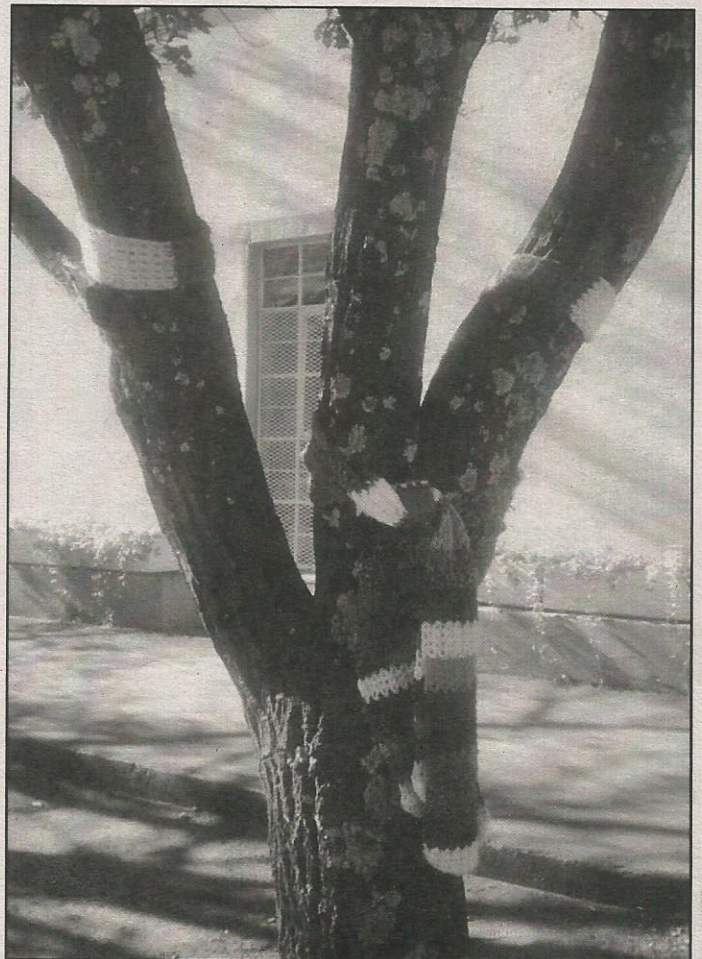
Vars groente  
Skryfbehoeftes  
Plante  
Servette  
Geskenke  
Speelgoed

## Boomserpe

Tannie Annie se besige hekelvingers was weer doenig. Sy het die bome voor Squares se kaal nekkies gesien en gewonder of hulle nie baie koud kry as die dun windjie so waai nie. Sy het vir hulle serpe gehekel. Voor die tweede nag verby is, is een van die serpe gegaps. Hopelik hou dit iemand anders se nek warm...

Die oorblywende serpe is nou met draad vasgedraai aan die bome en hopelik sal dit 'n glimlag op jou gesig sit as jy daar verbyry.

Dankie tannie Annie, namens die bome en die dorp. Ons geniet tannie se handewerk!





# Theuns van Rensburg tennis kliniek te Aliwal

"IMG Academy"

"International Management Group Academy"

*Weet jy wat is "muscle memory"? Lees verder en vind uit.*

Wat 'n absolute verrykende ervaring was oom Theuns van Rensburg en sy vier hulp-afrigters se tenniskliniek nie!

Vanaf 28 April tot 2 Mei het oom Theuns, Ruan, JP, Tiaan en Mossie al die buurdorpe se tennis kinders vir een hele week lank kwaliteit-afrigting gegee! Dié vyf dae is gelykstaande aan 6 maande se aftigting as jy een maal per week 'n les van een uur lank het! Wow! Oom Theuns moker sy eerste "ace" deur met 'n baie sagte stem in 'n doodstil saal van 24 kinders en ouers vir die Here te bid om die kliniek, die kinders en hul talent te seën. Daarna, as oom Theuns na vore stap, volg 24 pare oë die man met respek en sit tjoepstil om als te kan hóór.



Daar word afgeskop met fiksheidsoefeninge. 'n Uur later kan elke kind enige voetwerktoertjie oor 'n leertjie doen. Daar word gehardloop, ge"shuffle" tussen "cones" deur, spoedoefeninge, vier keer om die tennisbaan, dan wie kan die meeste touspring spronge doen in 'n minuut? Wel, daar is 'n belonging vir die winner! Al die ander kinders moet tien "push-ups" of 10 kangeroe-spronge doen!

Daagliks word tennis video's gewys, voorste tennis-spelers op die wêreldranglys se tegnieke gedemonstreer en twee "mental-toughness"-tegnieke bespreek. Soos oom Theuns sê: "the battle of the brains".



**"Mental toughness is earned – it's not in the genes!"**

Konsentreer op die volgende punte om jou brein sterk te kry:

1. Rituals/gewoontes
2. Eye control/oogkontrole/-beheer
3. Control the game-pace/beheer wedstrydpas
4. Breathing/asemhaling
5. Racket up!/raket se kop op!
6. Enjoyment/genot van die spel
7. Managing mistakes/bestuur jou foute
8. Confident fighting image/selfversekerde vegtersuitkyk
9. Positive selftalk/positiewe selfbeeld
10. Relaxation/ontspanning

**Muscle memory:** Repetisie van dieselfde oefening op die regte manier (die regte tegniek) 300 keer en dit word in die spiergeheue gehou!

Dan word daar persoonlike video's geneem van elke kind se dien, voorarm en rugband. Dit word gewys en elke kind se tegniek word bespreek, verbeter en geprys vir wat hy/sy klaar bereik het.

Aan die einde moet elke speler twee forms invul:

1. Player Goal Setting Worksheet – General format
  - Technical goals
  - Tactical goals
  - Physical goals
  - Mental goals
  - Match play/ competitive goals
2. Player Goal Setting Worksheet – Overall career goals
  - Dream goals
  - Long term goals
  - Mid-term goals
  - Short-term goals
  - Action steps for short-term goals

Ten slotte kan almal op Donderdagmiddag 'n 4 km voltooi. Baie trots – almal het dit reggekry!



En goeie raad aan elke ouer uit die mond van oom Theuns: "don't coach your child from the side line. They need you to be their father/mother and not another coach! Trust me...."

Aanbevole leesstof deur Theuns van Rensburg: "They call me Coach" deur John Wooden en Jack Tobin

Tennis Australia gee die volgende advies aan ouers van talentvolle tennis sterre – maar dit is van toepassing op enige sport:

*Be encouraging and show interest, but don't get overly involved. Competing can be stressful, so try not to add to the pressure.*

*Encourage good sportsmanship and fair play in your child, not a "win at all costs" attitude.*

*Keep all comments and body language positive, the exception being for poor or unsporting behaviour.*

*Communicate with the coach on goals and general development, but don't "coach the coach".*

*Keep a balance in your family life. Don't let the sport dominate your time.*

*Understand that sport is a great lesson for life (self-discipline, problem-solving and hard work) and not just about winning.*

*Encourage your child to talk about their sport, but understand there are times when they won't want to do this.*

*Allow your child to develop their own ideas and thoughts on sport and competition; don't impose yours.*

*Remember that there are many qualified people who can coach your child, but only you can be a loving, supportive parent.*

*Offer congratulations to other competitors and foster friendly relations with other parents, umpires and tournament officials.*

*André Agassi said: "It's fair to say that what I wanted was for my father to be my father, not a tennis coach or mentor".*

~ A'nari Lategan

## Dankie

Die Coertzen gesin sê dankie vir elke drukkie, handdruk, kaartjie en bos blomme. Almal wat eetgoed gegee het en vir elke gebed.

Die Zastron gemeenskap weet regtig hoe om om te gee. Ons waardeer dit opreg.

Baie dankie aan die hospitaal personeel, julle was puik. Veral vir Amanda Badenhorst wat elke aand Willem se voete gevryf het, koffie gedrink het en gesels het.

Ds. Gottschalk, jou woorde het almal van ons weer laat dink oor hoe ons elke dag moet lewe.

Dankie vir jou mooi boodskap.

Kitty Coertzen

## Groete



## JUST 4 YOU

Dit was 'n groot besluit maar ek het vrede in my hart toe ek besluit het om my ou 'shoppie' waarvoor ek so 'n geweldige passie gehad het, vaarwel te roep.

Dit het ook vinnig gebeur. Planne is gemaak, 'sales' teen weggee-pryse is gedoen en Just4You se deure het gesluit op 30 Junie.

Dit was 11 wonderlike jare in my lewe waaruit ek baie gegroei het, maar vandag wil ek vir my vriendelike, oulike maatswees kliënte, baie dankie sê vir jul volgehoue ondersteuning. Ek gaan julle mis!

Dit was vir my 'n groot plesier en vreugde om almal te dien en te bedien....oud en jonk, minderbevoorregtes en bevoorregtes, en al die nasies, want almal was respektvol teenoor ons spannetjie in die winkel.

Ons het soms soveel planne vir onself en so baie draai om onself, maar as ons Hemelse Vader ons roep, moet ons luister. Hy het my tot stilstand gebring. Ek kon nie meer tyd uitkoop nie – wou net meer doen, meer geld maak, meer hooi op my vurk laai en uiteindelik besef:

### Waarheen is ek oppad?

- Al hoe minder tyd vir dit wat regtig saakmaak... my Hemelse Vader, my man, familie en kosbare vriende en vriendinne.  
- Liefde en waardering aan my personeel.  
'n Groot dankie aan my ou grapjas man, wat my nog altyd ondersteun en bygetsaan het in alles wat ek doen, LIEF vir jou!!!

Ek sien uit na 'n kwalitiet lewe, en ek weet in my hart dat alles sal uitwerk tot eer van God, want die mens wik, maar God beskik.

Liefdegroete  
Debbie Wellsted  
0723787250



# Bedanking

Jare gelede toe my seun, Pieter, na 'n ernstige motorongeluk bedlêend geword het, het die mense van Zastron my begin bystaan. Familie, vriende en selfs net kennisse het vir my en Pieter soveel bystand verleen en liefde gegee. Wonderlike mediese personeel deur al die jare was altyd daar om sorg te verleen, getroue helpers by die huis – dag en nag – sonder wie ek nie sou kon klaarkom nie.

Met Pieter se onlangse heengaan het ek weer die liefde en respek van die gemeenskap van Zastron beleef. Van mediese personeel tot die mense van die kerk, van vriende, familie en kennisse het ek soveel ondersteuning gekry. Aan ieder en elk: baie dankie uit my hart uit. Pieter gaan 'n groot leemte in my huis laat, maar dit is 'n vertroosting om te weet dat daar soveel mense is wat vir my omgee.

*Bellie Fonternel*

# Baie dankie

Baie baie dankie vir al die boodskappe van troos en bemoediging wat ons in hierdie hartseer tyd van julle ontvang het.

Al kom ons nog nie daarby uit om elkeen persoonlik te bedank nie, kan ons jul verseker dat jul meegevoel en gebede vir ons baie kosbaar is.

Moet asseblief nie ophou bid nie, hierdie seer lê baie diep.

*Dirk en Helene Snyman*

## PUT STOP



## PUB



56 Reichenberg Street, Zastron  
(opposite NG Church Hall)

Open Monday to Saturday. Closed Sundays and Public Holidays

### WE OFFER THE FOLLOWING FACILITIES:

- ~ Bar meals and Sea Food from 6 p.m. (by prior arrangement)
- ~ Table Tennis, Darts and Pool
- ~ Outdoor braai facilities
- ~ Big screen TV for sport events and music DVD's of a wide variety
- ~ Great sound system
- ~ Dance area
- ~ Safe backyard parking
- ~ Elevated patio
- ~ Smoking and non-smoking areas

We also offer private and/or open functions and/or parties for birthdays, engagements, anniversaries, etc., for which we have a large "barn" available. Babysitting for these events may be arranged.

Come and visit "die Put" and experience a piece of Zastron history with the "olie put" over which the bar was built.

Contact: Sakkie 082 773 6241 or Loraine 082 950 6378

## Amazing facts about the human eye

1. An average person blinks **12 times** per minute.
2. The human eye is composed out of more than **2 million** working parts.
3. Our human eye is the equivalent of **576 megapixels**.
4. Corneas is the only tissue that don't require **blood**.
5. The human eye can process **36 000 bits** of information every hour.
6. The eyeball of a human weighs approximately **28 grams**.
7. It is impossible to **sneeze** with eyes open.
8. Your eyes blink about **10 000 times** a day.



# 'n Storie oor diere

Diere is deel van die mensdom se lewe sedert oertye. Mense in nedersettings het seker van vervloë se dae af al gekla oor hulle bure se diere. Dalk het die diere hulle oeste opgevreet of dalk 'n vreeslike geraas gemaak. In vroeër tye was diere onontbeerlik vir menslike oorlewing – soos vandag ook.

Ons het net darem vooruit gegaan sedert die dae van klein gemeenskappe wat selfonderhoudend moes oorleef. Ons kan eiers by veskeie plekke koop. So ook melk, vleis, en vele ander diereprodukte. Dit is dus heeltemal onnodig om plaasdiere in jou erf aan te hou – behalwe as jy bereid is om teen munisipale bywette op te tree.

'n Gegewe is die rondloper beeste in ons dorp. Beveilig jou erf en jou tuin. Dit gaan nie gou verander nie. Dit is 'n simptoom van die tipe land waarin ons leef – arm mense sal wetteloos optree tensy wette toegepas word. Wette word nie toegepas nie.

Dit is egter geen verskoning vir mense wat van beter behoort te weet om ook wetteloos op te tree nie. Nie net wetteloos nie, maar ook selfsugtig – met spesifieke verwysing na mense wat by die munisipaliteit werksaam is en diere het wat in die dorp rondloop en skape in hul erf aanhou. Die skape is reeds van Desember 2013 in die erf in Komiteestraat en dit lyk soos 'n kraal. Dit wil voorkom asof daar 'n idee posvat van "if you can't beat them, join them", of "wat reg is vir jou moet reg wees vir my". As my munisipale maats hulle beeste in die dorp kan laat wei, sal ek my skape in my erf aanhou.

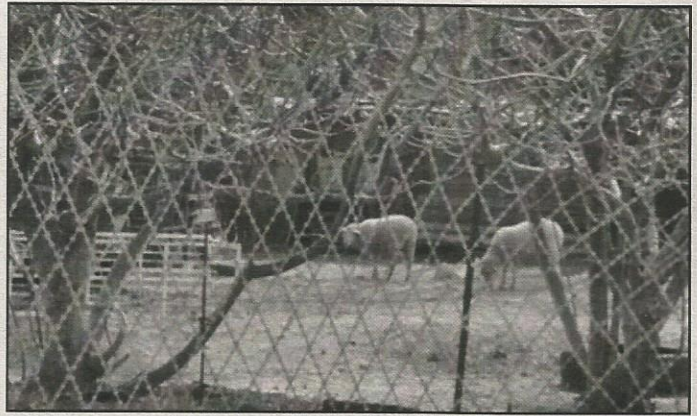
Of die plaag van rooi, lui vlieë waarvan baie mense in die dorp kla te wyte is aan beesmis wat in die strate rondlê, varke wat dorpsbewoners se grasperke oprol, die mis van honde – waarvan daar selfs tot 15 op een erf is – of 'n skaapkraal in ons buurt.....wie weet. Maar dat ons 'n gesondheidskrisis op hande het as diere op erwe toegelaat word sonder beheer is nie moeilik om te sien kom nie.

Bogenoemde is aan die gesondheidsinspekteur genoem, maar dit wil voorkom asof sy hande afgekap is om iets daarwerkliks hieraan gedoen te kry.

~ Dorpbewoner



Lekker rustig voor mnr. en mev. Gertenbach se huis. Die oormerker lees 2 en 3. Nummer een het om die hoekie gelê. Aan wie behoort hulle?



Die skape – met 'n lam – word aangehou in 'n tuin in 'n woongebied. Is dit toelaatbaar?



Varke op pad dorp toe op die hoek van Reichenberg en Voortrekkerstraat – seker iets by die winkels nodig voordat hulle teruggaan om in tuine te skoffel.

## A famous poem by the late Maya Angelou

(May her soul rest in peace)

I'm whispering "I was lost," Now I'm found and forgiven.

When I say..."I am a Christian" I don't speak of this with pride.

I'm confessing that I stumble and need CHRIST to be my guide.

When I say..."I am a Christian" I'm not trying to be strong.

I'm professing that I'm weak and need HIS strength to carry on.

When I say..."I am a Christian" I'm not bragging of success.

I'm admitting I have failed and need God to clean my mess.

When I say..."I am a Christian" I'm not claiming to be perfect, my flaws are far too visible but,

God believes I am worth it.

When I say..."I am a Christian" I still feel the sting of pain, I have my share of heartaches,

So I call upon His name.

When I say..."I am a Christian" I'm not holier than thou,

I'm just a simple sinner who received God's good grace, somehow.



# Moedeloos

Ek skryf die nota nie om enige aandag te trek nie maar uit moedeloosheid, ek is al moeg om die Munisipaliteit te skakel oor die swak diens wat ek kry. Die vullis is veronderstel om Maandae verwyder te word maar daar word geen kennisgewing uitgereik as dit nie gebeur nie, met die gevolg die vullis staan buite en die honde verskeur die sakke en vullis lê oral rond.

Wat die rekeninge betref, ek het 3 geskrewe rekeninge self by die Munisipaliteit gaan haal verlede jaar as gevolg van rekeninge wat nie op datum was nie. Ek het 'n geskrewe klagte al ingedien oor die pad by my voordeur wat nooit skoongemaak word nie. Wat help dit ek sny my gras op sypaadjie en die pad is vol bossies, waarvoor betaal ons vullis verwydering en erf belasting as ons nie 'n behoorlike diens kry van die Munisipaliteit nie?

Voorheen as hul die slote langs die pad skoonmaak, werk die mense net tot by Hendrik Straat en pak op. Hulle kom nie verder af in Majozi Straat nie, ons moet dit self doen, vandag is die eerste keer vanaf 2009 wat ek sien hul kom verder af? Ek kry 'n geskatte lesing vanaf Januarie vir my water rekening, die laaste lesing was die 7de November geneem. Toe ek navraag doen oor dit, wou die Munisipaliteit weet of ek 'n meter het. Nie dat ek 'n hond in die erf het dat hul nie kan inkom nie. Dit word net nie gelees nie. Ek moes dit self lees en die lesing deurskakel na die kantore toe.

Ek voel net hoekom moet ons as inwoners self die dienste doen as daar mense aangestel is om die dienste te doen en hul kry onnodig betaling vir dienste nie gelewer.

~ Antoinetta Paulsen



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U WELSTAND IS ONS  
VERANTWOORDELIKHEID !

YOUR WELLBEING IS OUR  
RESPONSIBILITY !

PC Naude

Lede: PC Naudé B Pharm (Potch)

## Co-incidence of life - interesting!

1. Church has 6 letters so does mosque.
2. Bible has 5 letters so does quran.
3. Life has 4 letters so does dead.
4. Hate has 4 letters, so does love....
5. Enemies has 7, so does friends.
6. Lying has 5, so does truth.
7. Hurt has 4, so does heal.
8. Negative has 8, so does positive.
9. Failure has 7, so does success.
10. Below has 5, but so does above.
11. Cry has 3 letters so does joy.
12. Anger has 5 so does happy.
13. Right has 5 so does wrong.
14. Rich has 4 so does poor.
15. Fail has 4 so does pass
16. Knowledge has 9 so does ignorance.

Are they all by co-incidence? We should choose wisely,  
this means life is like a double-edged sword.



# MOMENTS

by Roland Stafford

The audience gave us a standing ovation. We had just finished a student production of "Cabaret" by Kander and Ebb. The curtain came down and with great excitement we all rushed for the dressing rooms, then into the warm summer night of London. Too keyed up to walk straight home for bed I turned right and decided to wander through Kensington. London at that time of night was as quiet as a graveyard. The only movement was the shadows of the trees playing with the street lamps. Every house was dark and all asleep. In the distance a solitary policeman walked his lonely beat. It was lovely, but time for bed. So I turned into The Boltons.

A crescent of Victorian Villas leading down to the Thames. Halfway was a house with lights blazing from cellar to attic. A small girl was sitting on one of the first floor windowsills with her legs dangling over the edge. "Wait right there! I'm coming down." And she disappeared. Within seconds she had opened the door in the high garden wall and with bare feet ran over the road to where I stood. It was Judy Garland! "I'm doing a show at The talk of the town in The West End." She handed me a fist full of tickets. "Would ya like ta come?" Turning, she flew back, slammed the door and the house was plunged to darkness. I phoned friends and we all decided to make a dressed up night of it.

"The Talk Of The Town" is a swank West End night club and we were all seated at a vast round table with drinks at ten o'clock when the show was to begin. Bert Bacarat and his Orchestra were playing at the back of the open stage. Drink followed drink and the Orchestra played on. At one a.m. Judy appeared. "I suppose you want me to sing that song." The audience went mad with cheering while Bert Bacarat and his men threw score sheets into the air trying to find the music we all knew she was going to sing.

Unphased she sat on the apron of the stage and sang... "Somewhere over the rainbow blue birds fly. Birds fly over the rainbow why then oh why can't I..."

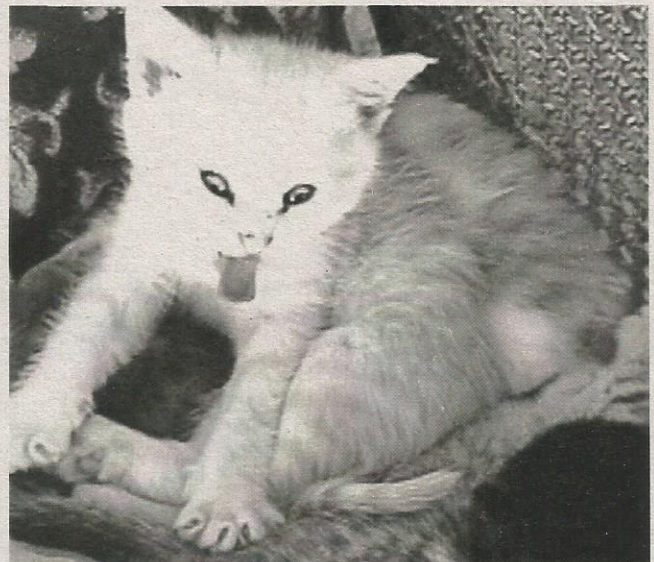
Two weeks later. Headline News: Judy Garland was dead.

start being  
Julie Special  
Overlay R200  
Volstel Gel R270  
Toetint R130  
Nail art R5-R15 pn  
Monique 0714030719  
\* Special ... Doen 'n overlay en toetint vir R300



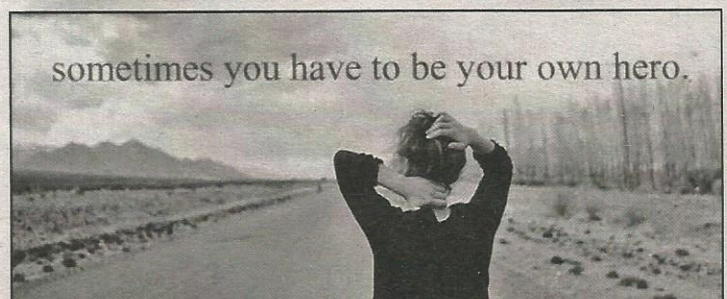
## Uit my foto-album

Alex Van Rensburg



Ek kon nie anders as om die volgende byskrif by hierdie foto,  
toe ek dit geneem het, te plaas nie,  
"My Ma sê mos altyd ek moenie my tong vir  
GROOT Katte uitsteek nie!"

I couldn't resist the following caption for this Photo, when I took it,  
"Ma always tells me NOT to stick out my  
tongue at grown-up cats!"



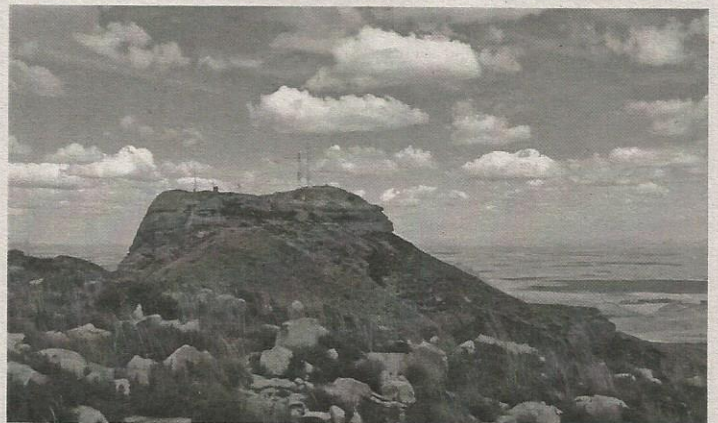
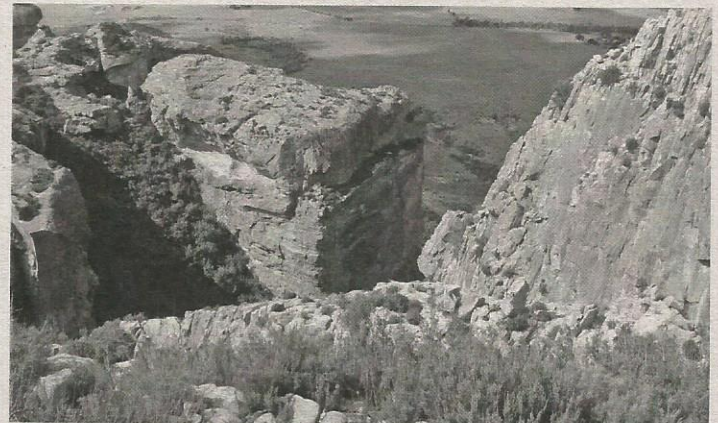
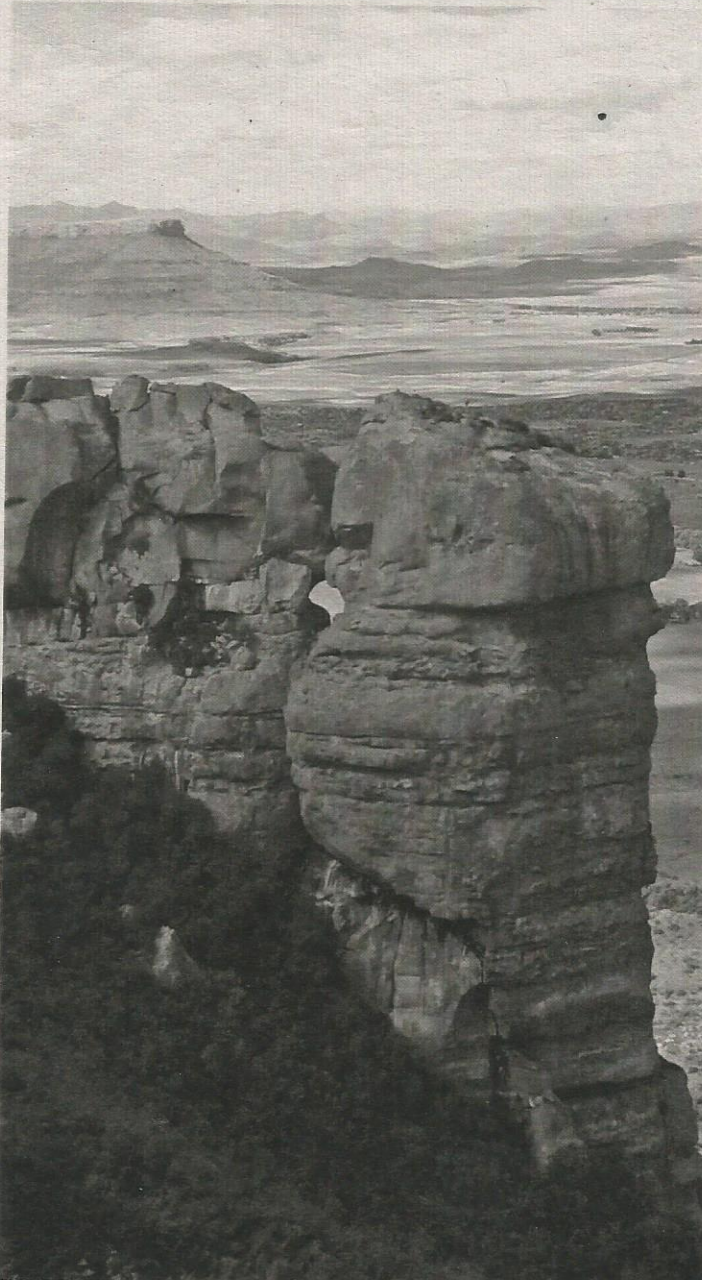
sometimes you have to be your own hero.



# OP REIS



Foto's geneem deur Hanro Brown





## A bottle of wine

For all of you who are married, were married, wish you were married or wish you were not married, this is something to smile about the next time you see a bottle of wine:

Fred was driving home from one of his business trips, in Northern Arizona, when he saw an elderly Navajo man walking on the side of the road. As the trip was a long and quiet one, he stopped the car and asked the Navajo man if he would like a ride.

With a silent nod of thanks, the Indian got into the car. Resuming the journey, Fred tried - in vain - to make a bit of small talk with the Navajo man. The old man just sat silently, looking intently at everything he saw, studying every little detail, until he noticed a brown bag on the seat next to Fred.

"What in bag?" asked the old man.

Fred looked down at the brown bag and said: "It's a bottle of wine. I got it for my wife."

The Navajo man was silent for another moment or two. Then, speaking with the quiet wisdom of an elder, he said:

"Good trade..."

## 5 Pearls of Wisdom to Remember

1. Money can't buy happiness, but somehow it is more comfortable to cry in a Rolls Royce than on a bicycle.
2. Forgive your enemy but remember the bastard's face!
3. Help a man when he is in trouble and he will remember you when he is in trouble again.
4. Many people are alive only because it is illegal to shoot them.
5. Alcohol doesn't solve any problem but then again neither does milk!



*\* Crockery*

*\* Cutlery*

*\* Glasses*

*\* Furniture*

*\* Art*

*\* 2nd hand clothes*

**Monday - Friday: 09:00 - 15:00**

**Saturday: 09:00 - 12:00**

**Marlene Smith 082 446 9307**

## The splendour of autumn

The season of mellow fruit-fullness, leaves are burning with gold, rich crimson, royal purple and shades of browns. It's as if the fairies used their paint boxes extravagantly, to create the autumn wonderland. Maples, Ash and all the deciduous trees are turning to the shades of autumn. As the leaves drop to Mother Earth, they whirl and dance, as if to say: "farewell to summer". Brilliant Cosmos are putting on a last show of colour. The last roses of summer are brighter and more fragrant than before. Tall Lombardy, poplars lining streams and fields are standing like flaming sentinels, pointing heaven-ward.

Sunlight catches the vivid Virginian creepers, clinging to walls and buildings. Their foliage is a mixture of reds, purple and greens. The birds are feasting on the fat, red, orange and yellow hawthorn berries. The more berries on the bushes, the colder the winter will be.

The nights gradually get longer and cooler. Mornings are crisp and chilly. Frost is not far off and when frost comes the leaves all seem to just come tumbling down. Plants shut down for the winter sleep and a peace prevails over all. This is God's great circle of life and we are thankful for it.

~ Helen Dixon



# Fleeting Glimpses

The hawk has disappeared and the hens have gone back to scratching for grubs in the dung heap at the cowshed. Mom and children go searching for nests of eggs under the wagon in hay stacks and even in the stables. Mirie usually arrives with an egg squashed in her fat little hands. Most exciting when a hen emerges with a clutch of fluffy chicks and she is very proud and vicious with her new family. Don't let the farm dog come near her, she will kick him and he will run for the kitchen door, yelping. Down at the dam the ducks are quacking, darting and diving for frogs. The air is heavy with summer scent.

Jan comes home in the evening when the sky bleeds along the Maluti's. He and Geelbooi are exhausted but at peace as they drive the red span home for the nights' rest. The last rays of the sun dazzle along the flanks of the big, patient beasts.

He loves this peace and beauty. They are not rich, but the good Lord provides them with all the good blessings, good food and a contented family. He thinks "...my cup runneth over..." as he passes the little graveyard. He thinks of his darling mother and baby boy lying in God's peace. How can anyone doubt that there is a loving Father?

He opens the kitchen door to the aroma of fresh homemade bread and stew brewing on the Welcome Dover stove.

The family all go to the voorkamer (front room) for Godsdiens (prayers). Grandpa reads out of the family Bible, where all deaths, births and marriages are recorded. Tonight he reads the Psalm "The earth is the Lord's and the fullness thereof", while heads nod, the frail voice gives a prayer of thanks to the Great Maker.

When all is quiet and everyone is safely in bed, the evening breeze sighs softly across the house and lonely veld. The full moon rises over the Maluti's and all is well with the world.

Now here I sit dreaming at this old homestead and I am sure when the soft breeze moans at night over the house you can hear Maria speaking softly to Jan in the darkness.

~ Helen Dixon

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## The Veldt

The veldt rolling away 'till where the  
mountains melt;

Tawny colours: grey, browns, greens  
adorn the landscape.

There is a peace and silence prevailing  
that can be felt.

There is a magic, soul compelling in the  
boundless space;

There's a happiness in it, full of grace.

Night and day melt into each other at  
a normal pace.

Storms of heat, rain and snow;

As the seasons come and go.

God's great circle of life continues... into eternity.

~ Helen Dixon



# 'Definitely' a difficult word

*I looked up the correct spelling of the word "definitely" – a word I always struggle with - and found this article which made me feel a bit better about my spelling ability.*

In June 2009 the following article appeared in the Daily Telegraph in England. In American English some of these words are simplified.

'Definitely' is the most commonly misspelt word in the English language, a study has found.

The 10-letter word came top in a study of everyday words Britons struggle to spell correctly, with most of us regularly mixing up the second 'T' with an 'A' on a regular basis.

Second place was 'sacrilegious', which leaves people confused over whether it has an 'E' or 'T' in the middle.

'Indict', which is often misspelt as 'indite', was third.

The fourth most difficult word was 'manoeuvre' which causes problems due to the proximity of the 'O' and 'E' to each other.

'Bureaucracy', which is awkward because the inclusion of so many vowels, was fifth.

A spokesperson for market research company www.OnePoll.com, which carried out the study of 5,000 people, said: "So many of us can't seem to spell. Whether it is down to the structure of the word, or the frequency of use, there is no excuse not to learn how they are formed."

"And considering people judge others, yet don't like their intelligence to be judged by how well they spell, they should up their game and pick up a dictionary."

The vegetable 'broccoli' – came sixth, followed by 'phlegm' at seven and 'prejudice' at eight.

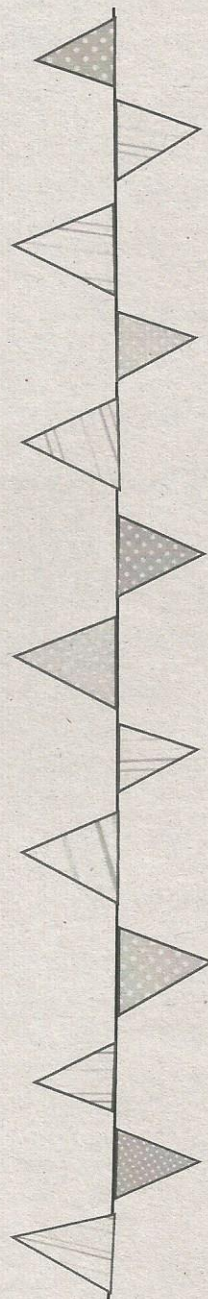
'Consensus' and 'unnecessary' completed the top ten. The complete top 20 list appears below. The survey revealed some very odd ways Britons spell words which just failed to make the top 20.

Nearly one in 10 (nine per cent) thought 'mortgage' was spelt 'morgauge' and seven per cent often spell 'speech' as 'speach'.

Ninety per cent admit to giving up trying to spell 'diarrhoea' and a third get it so wrong their PC spellchecker can't even recognise the word they're attempting to conquer.

A spokesperson for www.OnePoll.com added: "It's clear the role technology is having on our lives is contributing to the downfall of our ability to spell. "Computers and mobile phones which spell words for us have left us with a lazy attitude towards spelling."

## Top 20 misspelt words



1. Definitely
2. Sacrilegious
3. Indict
4. Manoeuvre
5. Bureaucracy
6. Broccoli
7. Phlegm
8. Prejudice
9. Consensus
10. Unnecessary
11. Supersede
12. Questionnaire
13. Lieutenant
14. Entrepreneur
15. Connoisseur
16. Inoculate
17. Particularly
18. Liquify
19. Parallel
20. Conscience

Miskien kan iemand vir ons navorsing doen oor watter Afrikaanse woorde mense die meeste mee sukkel. Dit sal interessant wees om te weet.

~ Maria Shaer



Zastron



orum

facebook.

Vir die positiese uitbou van Zastron tot die voordeel van die totale gemeenskap

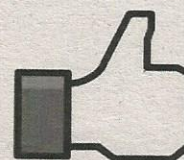
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ATKV



Photos:



Map:



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ORUM DOENIGHEDDE

1. Maandelikse bestuursvergaderings elke eerste Maandag van die maand
2. Die polisie word by elke bestuursvergadering betrek en die samewerking is goed.
3. Die munisipale tuine en die Johanna biblioteek is op ons prioriteitslys en word saam met die tuinbouklub aangespreek.
4. Ons hoop om in Junie weer 'n vergadering met die munisipaliteit te hou.



LUISTER

- Toerisme word gereeld bespreek met die munisipaliteit.
- EPWP werkers blyk meer gemotiveerd te wees en regtig hul deel te doen.
- Die water bly 'n hewige krisis. Gebruik dit asb spaarsaam.
- Aandag word gegee aan die politieke plakkate wat nog nie afgehaal is nie!!!



IETERJASIES

- Lede vergadering is op 9 Junie gehou. Baie dankie vir die goeie ondersteuning.
- Baie dankie aan die munisipaliteit wat aandag gee aan slegte grondpaaie en dit gruis en skraap.



INANSIES

Besighede - R 240 p.a.  
Organisasies - R 50 p.a.  
Gemeenskap - R50 p.a.



YNSKRIF

Rig asb. enige klagtes, voorstelle of vrae *skriftelik* aan Annelize of enige bestuurslid.  
Onthou om waterlekkas en ander probleme by die boonste munisipale kantoor aan te meld. Dit moet in 'n boek geskryf word. Doen dit asb twee keer en meld dit dan skriftelik by ons aan.



ORMALITEITE

Volgende Bestuursvergadering op 5 Mei 2014  
Lede vergadering weer in tweede kwartaal  
Nuwe bestuur:  
Voorsitter: Dr. Annelize Kevé 082 499 2361  
Tessaurier: Ria le Roux 082 772 0848  
Sekretaresse: Agnes Sahling 084 514 2271  
Lede: Willie Riesenbeek 072 105 0338  
Hennie Naude 071 678 1516  
Martin de Kock 084 550 2770



# Growing old

Growing old is something we cannot escape,  
But how we live it is important to our fate.

Be gracious and kind to all mankind  
Wisdom comes with age.

Wonderful memories of places we've been,  
People we've known and seen;  
Collect it all in your memory like a dream.

Show the youth that life is not all bad,  
But a wonderful journey to be had.  
Sorrow and happiness come to us all.

So when your journey on earth comes to an end,  
God will say "Well done, my good and faithful  
friend".

~ Helen Dixon

# Lere-La-Thuto sports report

## Volleyball

On the 31st May 2014, Lere-La-Thuto volleyball players went for the Xhariep district trials in Edenburg. Four boys and four girls were selected for the Free State provincial trials.

The girls who were selected are Molelekoa Matshidiso, Qautse Rose, Molete Thato and Fuma Sebatatso. The boys who were selected are Mohobeleli Lefa, Khothola Thabiso, Matsolo Kamohelo and Thundezwa Ndikho.

## Netball

On the 17th May 2014 four learners went to Bloemfontein for the Free State provincial selection games. One learner, namely Skele Siphokazi was selected to play for the Free State U/18 team.

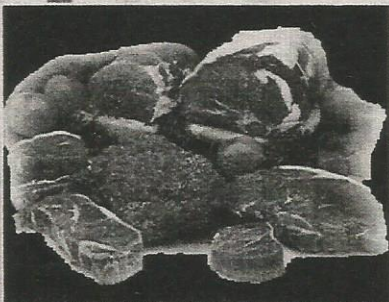
## Soccer

On the 7th of May 2014 Lere-La-Thuto played in Kay Motsepe U/19 district finals. The first game was played against Wongalethu Secondary School from Bethulie. The game was tough and competitive. Both schools played 1-1.

The second game was played against Relebohile Sibulele Secondary School from Smithfield. When the referee blew his final whistle the score was 0-0 for both schools.

Lere-La-Thuto did not proceed to the provincial games.

# Zastron Slaghuis



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# Hoërskool Zastron

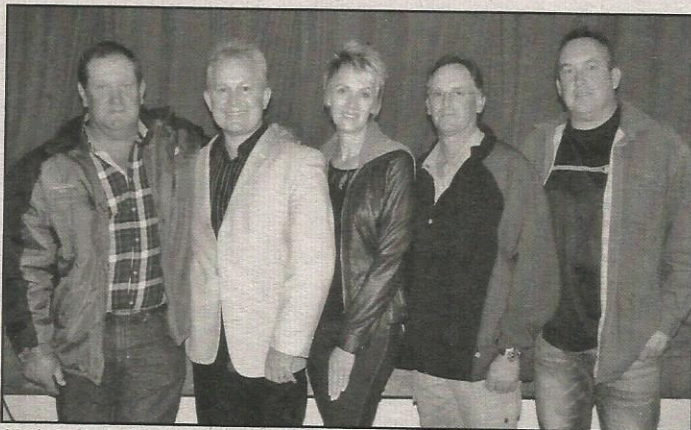
## IAN SCHWARTZ BESOEK HOËRSKOOI ZASTRON

Op Woensdagaand, 16 April 2014 het Hoërskool Zastron die voorreg gehad om Ian Schwartz as motiveringspreker te ontvang. Ian is 'n oud-skolier wat in 1984 sy matriek aan HS Zastron voltooi het. Gedurende die aand het hy elke rugbyseun gemotiveer om hulle beste te gee in sport en kultuur sowel as akademie. Hy het staaltjies uit sy verlede met hulle gedeel en ook videogrepe van die Springbokspan, waarvan hy huidiglik die spanbestuurder is, gewys. Springbok-lapelwapentjies is aan almal uitgedeel. Ian het 'n getekende springboktrui aan HS Zastron oorhandig en dit sal verseker 'n ereplek in HS Zastron se sportkamer kry.

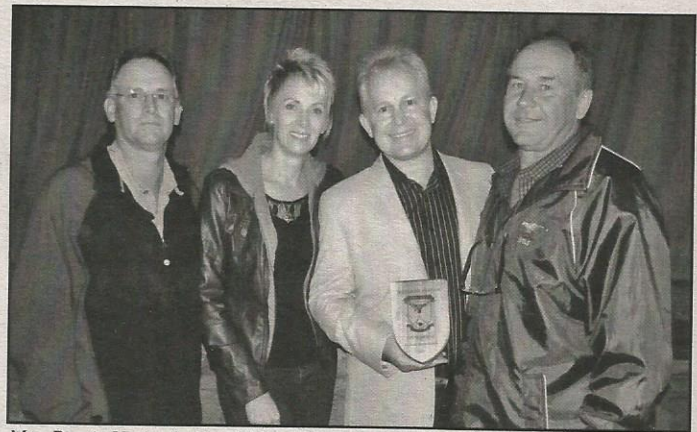
Baie dankie aan elkeen wat 'n bydrae gelewer het om van die aand 'n sukses te maak. Ian is getroud met Elma (Scorrano), wat ook 'n oud-skolier is van HS Zastron. Dankie Ian dat jy HS Zastron se naam uitdra. Ons is trots op jou!



Ian saam met die seuns van die 1ste rugbyspan. Van Zyl Cronje (Kaptein) en Stephan Nel (Onder Kaptein) hou die trui vas.



Mede oud-skoliere, Hennie Cronje, Smitie Bekker en Danie Marais saam met Ian en Elma.



Mnr Dawie Venter het 'n skild namens HS Zastron aan Ian oorhandig waardeur ons ere bring aan Ian se na-skoolse prestasie.

## HOËRSKOOI ZASTRON NEEM AFSKEID VAN PHILIP KRUGER

HS Zastron het onlangs afskeid geneem van een van sy personeellede, Philip Kruger. Die afskeid het reeds op Maandagoggend met 'n ontbyt in die personeelkamer begin. Donderdag tydens 'n saalbyeenkoms het die leerders op gepaste wyse van Philip afskeid geneem. Philip het 'n pos in Pretoria aanvaar. Dankie Philip vir spore wat jy hier op Zastron agterlaat. Ons sal jou nie vergeet nie. Mag jy baie gelukkig wees by jou nuwe skool.



## SPORT TOERE – APRIL VAKANSIE

### Eerste hokkiespan toer

Eerstespan hokkiespan toer na Potchefstroom. Hierdie kliniek is regtig 'n baie uitstaande kliniek en ons leer elke jaar ontsettend baie. Die meisies het dit baie geniet, baie geleer en baie verbeter. Ons het ook ons eerste wedstryd gewen tydens die laaste dag op



toer. Dit was voorwaar 'n hoogtepunt waarop ons geeëndig het. Baie sterkte aan al die meisies vir hierdie seisoen. Ons het goed begin en ek weet ons gaan net voortbou op dit wat ons reeds bereik het.

Dankie aan die kaptein en onderkaptein vir al hulle inisiatief en positiewe insette, aan elke leerder wat haar beste gelewer het, mnr. Philip Kruger wat die meisies vervoer het en mev. Amanda Bekker wat hulle vergesel het. Ons waardeer dit baie.

### 0/13-Hokkietoer

Elsie Coetzer is 'n groot naam in die hokkie wêreld – 'n vrou om mee rekening te hou.

Hoërskool Zastron se 0/13-span is ook 'n span om mee rekening te hou! Na 'n baie suksesvolle hokkietoer na Bloemfontein, is hierdie span nou gerat en gereed om behoorlik amok te maak onder hulle teenstanders.

Vanaf 3 - 6 April 2014 het hierdie span saam met juffrou Christine Keyser na Bloemfontein getoer en het daagliks afrigting deur Elsie Coetzer ontvang. Hierdie groenjies het die astrobaan aan die brand gespeel en die uitslae was soos volg:

Zastron teen Upington 1 - 1

Zastron teen St Andrews 2 - 0

Zastron teen Aliwal-Noord 0 - 1

Happy, happy meals en prethokkie by Mooimeisiesfontein het gehelp om goeie spangees te bou. Moeg, maar tevrede en kwaai gemotiveerd vir die seisoen wat voorlê, het die span Saterdagmiddag om 4 uur van die veld afgestap.

Baie dankie aan Juffrou Christine Keyser wat hulle vergesel het.

### Netbal afrigtingsdag te Zastron

'n Baie suksesvolle afrigtingsdag vir al die laerskoolspanne is op 25 Maart 2014 aangebied. Ons is seker hierdie blootstelling gaan vrugte afwerp tydens die komende seisoen. Baie dankie aan al die afrigters vir hulle insette.

### 0/18-netbaltoer

Op 2 April het ons na Rolaka Ranch naby Brits vertrek, waar die Protea-afrigter, Elize Kotze ons vir 4 dae afgerig het.

Alle aspekte van die spel is aangeraak, nl.

- Doelsirkelspel
- Taktiese aanval- en verdedigingstegnieke
- Vaardigheids, aanval- en verdedigingstegnieke en
- Doelkondisionering.

Daar is ook deelgeneem aan spanbou- en motiveringsaktiwiteite. Ons het 'n vol program gehad wat reeds om 06:30 begin het. Daar was drie oefensessies in die oggend en een oefensessie in die middag. Elke middag na die oefensessies, het elke span twee wedstryde gespeel.

Die tweedespan, wat hoofsaaklik uit 0/16 spelers bestaan, moes teen eerstespanne deelneem en het maar swaar geleef. Na elke wedstryd het dit egter beter met die spannetjie gegaan. Ons was baie trots op hulle!

Die eerstespan het uitstekende wedstryde gespeel en ons voorwaar trots gemaak! Al die skole teen wie hulle gespeel het, is groot skole. Hulle wen teen Piet Retief, Volksskool en Bekker (Magaliesburg), maar verloor ongelukkig die ander drie wedstryde teen Porterville, Brits en Rustenburg. Albei spanne het nooit tydens enige wedstryd gaan lê nie, en tot die einde bly terugveg.

Hier is weer 'n bewys dat in die kleinste botteljies die grootste gif kom. Speler- vir speler was ons korter as die meeste van ons opponente en skool vir skool was ons die heel kleinste.

Baie dankie aan elke dogter vir jul harde werk, goeie gedrag en deursettingsvermoë tydens die toer. Dankie aan elke ouerhuis vir hul ondersteuning. Ons waardeer dit opreg en sien uit na die seisoen wat voorlê. Baie dankie aan mev. Lené Hoffman en Jomari Visser wat hulle vergesel het.

### 0/13-Netbaltoer na Bloemfontein

Bogenoemde span het op 20 en 21 Maart 'n afrigtingskursus by Hoërskool Sentraal bygewoon. Die span het baie geleer en gegroei as span. Baie dankie aan Hoërskool Sentraal se eerstespan en afrigter wat aan ons die geleentheid gebied het. Dankie aan juffrou Ju-Mari Hugo wat die leerders vergesel het.

### 0/14- en 0/15-Netbaltoer na Brits

Bogenoemde spanne het vanaf 13 – 16 Maart 'n afrigtingskursus te Raloka Buite Brits bygewoon.

Die kursus is deur Protea-afrigter Elize Kotze aangebied en was van uitstaande gehalte. Die dogters het ontsettend baie geleer en die naweek ook baie geniet.

Baie dankie aan al die borge wat bygedra het om van die kursus 'n sukses te maak. Baie dankie aan mev. Venter en Marais wat die leerders vergesel het en mnr. Philip Kruger wat die bus bestuur het.



## 0/16- Rugbytoer na Vrede

Bogenoemde span het van 27 tot 30 Maart na Vrede getoer. Hulle het drie wedstryde gespeel teen Hennenman, Evander en Vrede onderskeidelik. Die seuns het een van die drie wedstryde gewen. Baie geluk! Dankie aan mnr. Piet Veldman wat hierdie span vergesel het.

## 0/19-Rugbytoer na Parys

Die seuns het Sondag, 30 Maart 2014 die middag by Venterhuis bymekaar gekom. Na 'n deeglike kapteins-oefening word die seuns se nuwe truie, sakke en opwarmings T-hemde aan hulle uitgedeel. Die res van die aand verkeer ons gesellig om die braaivleis vuur.

Maandagoggend, 31 Maart vertrek ons na Parys. Dieselfde aand speel ons ons eerste wedstryd teen Sand du Plessis. Dit was 'n baie gelykopstryd, maar ons verloor ongelukkig 7 – 6.

Dinsdag, 1 April speel ons ons tweede wedstryd teen Dundee. Die seuns lewer 'n goeie vertoning en wen die wedstryd 22 – 7.

Woensdag was 'n afdag. Ons word bederf met 'n rustige, maar lekker "river-rafting" uitstappie op die Vaalrivier. Van die seuns het ook probeer visvang, maar slegs Marco Swanepoel was suksesvol. (Eintlik het die vis homself gevang). Hendrik Lombard, aka. "Bear Grylls" het ons gewys hoe werk 'n handlyn. Die video sal binnekort op "Youtube" beskikbaar wees.

Donderdag het ons ons laaste wedstryd teen Blousskool gespeel. Dit was nog 'n begeesterde vertoning deur ons seuns, maar ons verloor ongelukkig met 25 – 15. Na afloop van hierdie wedstryd vertrek ons terug na Zastron.

Die seuns het baie komplimente vir hul uitstaande gedrag gekry. Baie dankie daarvoor manne, en sterkte vir die liga wat voorlê. Baie dankie aan mnre. Marnus Lombard en Dawie Venter wat hierdie seuns vergesel het.

## Borge

Baie dankie aan die volgende persone wat as borge betrokke was om al ons toere moontlik te maak:

OVK (Hokkie en Netbal), Riaan Coetzee (Hokkie), Brian Higgs (Netbal), Vananco Wholesalers (Hokkie), Tanya van Tonder (Netbal), DIY – Marthie Harris (Netbal), Leon Scorrano (Netbal), Henk Meyburg (Hokkie), Gwen en Jan van Hasselt (Hokkie), Michelle en Herno Swanepoel (Hokkie), Karel Smith (Hokkie), Eddie Prinsloo (Rugby), BKB (Hokkie en

Netbal), CMW (Netbal), Jacob van der Walt (Netbal), Herbert Carter (Netbal), Piet Klopper (Netbal), TATA (Netbal), Hennie Terblanché (Netbal), Roland Foster (Netbal), Stefan Nel (Netbal), Hugo Pretorius (Rugby), Boetie Lubbe (Rugby), Zastron Slaghuis (Rugby), Willem Slabbert (Rugby), Kobus Mathee (Rugby), Lomon de Jager (Rugby), Oubaas du Plessis (Rugby), Elise Anderson (Hokkie), Itec (Rugby en Netbal) en Janke Cronje (Rugby).

Sonder hierdie ondersteuning sou al die toere nie moontlik gewees het nie. Dankie vir u positiewe gesindheid.

## TOP 5 AKADEMIE (EERSTE KWARTAAL)

Baie geluk aan die volgende leerders met hul puik uitslae:

### Graad 4

- 1 Pieter-Schalk Grobbelaar
- 2 Anje Taljaard
- 3 Gerni Wink
- 4 Hendrik Cronjé
- 5 Pieter Swart

### Graad 5

- 1 Elonke Wolfaardt
- 2 Eduan Naudé
- 3 Tian Hoffman
- 4 Mposi Baduza
- 5 Cara Pretorius

### Graad 6

- 1 Christine Wagenaar
- 2 Ben Shaer
- 3 Diaan Marais
- 4 Janco van Staden
- 5 Bonolo Montsitsi

### Graad 7

- 1 Zana Cronjé
- 2 Nilé Smith
- 3 Mischa van den Berg
- 4 Erika van Straten
- 5 Sibella Swanepoel

### Graad 8

- 1 Jacomien Bekker
- 2 Buti Mbele
- 3 Wiané Marais
- 4 Dewald van der Walt
- 4 Jaun-Mari Franzsen

### Graad 9

- 1 Minette Cronjé
- 2 Izak Wolfaardt
- 3 Marike Bekker
- 4 Naomi Fourie
- 5 Nadia Malherbe
- 5 Madri Goosen

### Graad 10

- 1 Nwabi Mdladlamba
- 2 Zizi Sidzamba
- 3 Samantha Rothman
- 4 Cari Rossouw
- 5 Thea-Mari Joubert

### Graad 11

- 1 Peter MacKay
- 2 Hendrico Bekker
- 3 Charné Prinsloo
- 4 Janet Malherbe
- 5 Tsepo Kente

### Graad 12

- 1 Elri van Rooyen
- 2 Van Zyl Cronjé
- 3 Keke Spyker
- 4 Ruhan Goosen
- 5 R P Bekker



## RUGBY

### 0/13-Rugby

Baie geluk aan die volgende leerders met hul insluiting in die Vrystaat Plattelandspan; Johan Wink, Johan Wessels, AJ Lamprecht en Tiaan Bekker. Baie geluk ook aan AJ Lamprecht wat vir die 0/13C -Vrystaatspan gekies is.



### 0/18-Rugby

Stephan Nel, Tsepo Kente, Molefe Kente, Ruan Goosen, RP Bekker, Jason Scorgie, Van Zyl Cronjé, Kobus van Zyl, Danie van Zyl, Jaco Muller, Ivann Bothma, Eugene Smith, Rikus McLeod, Thato Khitsane, Hendrik Lombard, Marais Steenkamp, Khotso Potsane.



## HOKKIE

### 0/13-hokkieproewe

Baie geluk aan Mischa van den Berg wat ingesluit is in die 0/13 Vrystaat-hokkiespan. Dit is 'n baie mooi prestasie!



## NETBAL

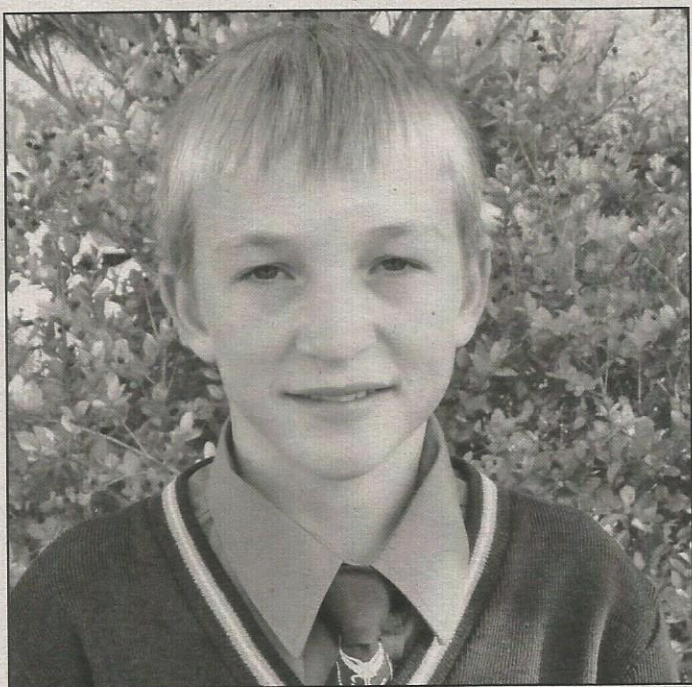
### Netbalproewe

Baie geluk aan die volgende dogters wat in die Xharietspan ingesluit is wat aan die Vrystaatproewe gaan deelneem:

0/12 - Bonolo Montsitsi ; Ntsiki Jordaan

0/13 - Liezel Roux ; Mischa van den Berg; Nilé Smith (skaduspan)

0/14 - Wiané Marais ; Juan-Mari Franzsen



### Hoërskool Rugby

Baie geluk aan die volgende spelers wat vir die Suid-Vrystaatspanne gekies is:

### 0/16-Rugby

Wessel Goosen, I W Pretorius, Jomar Dippenaar, MJ Smith en DJ du Plessis.





0/15 - Bholokwa Leballo; Patricia du Plessis;

Johanette Smith; Elzaan Schlebusch (skaduspan)

0/16 - Nam Mbele

0/18 - Pula Tang

### Motheo netbalproewe

Die volgende leerders het as deel van die Xhariepspan aan bogenoemde proewe deelgeneem.

0/12 Bonolo Montsitsi

Ntsiki Jordaan

0/13 Liezel Roux

Mischa van den Berg.

0/18 Pula Tang

0/16 Nam Mbele

0/15 Bohlokwa Leballo, Johanette Smith,  
Patricia du Plessis

0/14 Wiané Marais en Jaun-Mari Franzsen

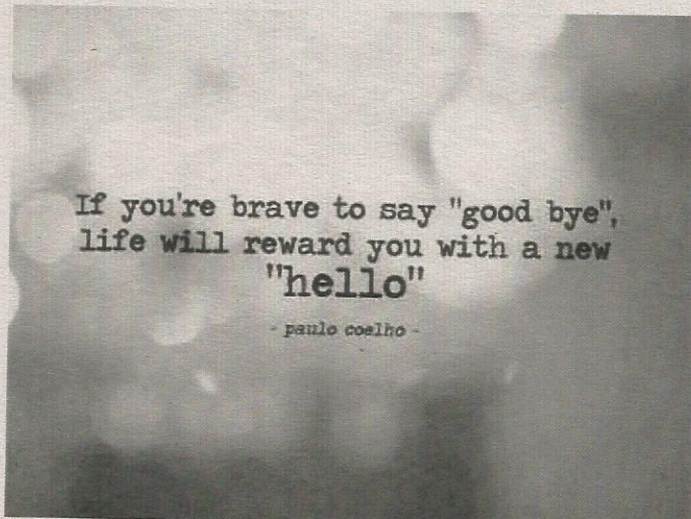
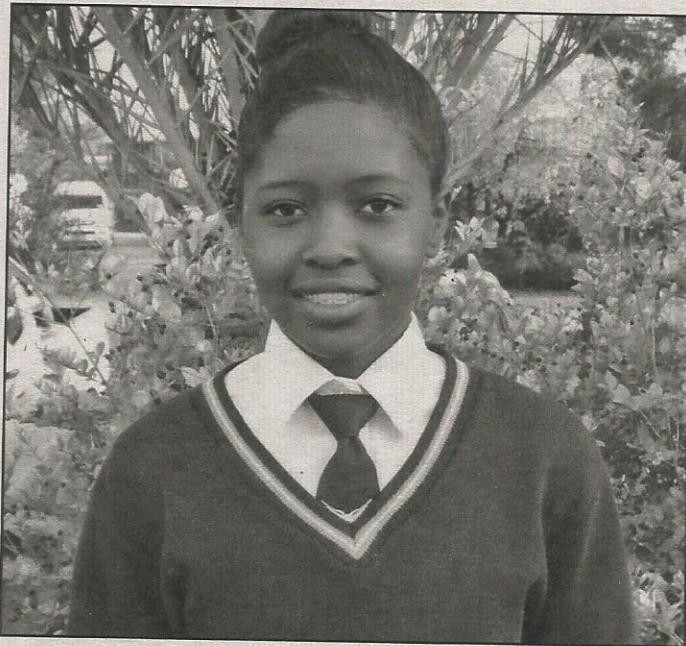
### Vrystaat Netbal

Baie geluk aan die volgende leerders wat vir Vrystaat Netbal gekies is:

0/15 Bohlokwa Leballo

0/16 Nam Mbele (skaduspan)

Hul neem in Junie aan die "All Ages" toernooi in



# Trou jy in 2014 ?

Ons ontwerp & druk vir jou 'n troukoerantjie vir jou groot dag.

## Idees vir jou koerantjie:

### Tafelbeplanning

De storie van hoe ons ontmoet het

### Spyskaart

Volgorde van familiefoto's

### Verlowingsfoto's

'n Brief van ons ouers

en nog baie meer ...

Jy gee vir ons jou artikels en foto's en ons maak vir jou 'n koerant.

Vir 4 A4 bladsye per koerant en  
60 koerante betaal jy slegs **R272**

Vir 8 A4 bladsye per koerant en  
60 koerante betaal jy slegs **R394**

OF

Ons werk vir jou 'n gratis kwotasie uit  
volgens jou behoefte.



**Design**

e-pos ons by [info@tsd.co.za](mailto:info@tsd.co.za)

Aanbiedings geldig vir 2014.

Margate deel. Sterkte!

## MNR DAWIE VENTER VERJAAR

Mnr. Dawie Venter het die 20ste Mei verjaar en die leerders van Hoërskool Zastron het hom met 'n braai op die skool se sportgronde verras. Die grondslagfase leerders het vir hom by die kantoor gesing en hulle het 'n plakkaat met hulle handafdrukke vir hom gegee.





# Pretblad / Fun Page

## CHOCOLATE BOX WORD SEARCH

### HOW TO SOLVE THE PUZZLE

Find a word, circle its letters and cross it off the list.

Words may be forwards, backwards, up, down and diagonal and are in straight lines, never skipping letters.

But, you may use some letters more than once.

Tick the small box as you find each word.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | X | O | B | E | T | A | L | O | C | O | H | C | S | H |
| T | H | T | O | O | M | S | E | G | N | A | R | O | T | E |
| N | I | A | L | P | G | N | I | L | L | I | F | F | R | E |
| D | K | T | U | N | L | E | Z | A | H | D | L | R | A | F |
| E | E | N | O | I | T | C | E | L | E | S | E | U | W | F |
| T | E | M | O | C | E | D | I | P | M | G | L | I | B | O |
| A | O | F | I | M | I | G | P | A | J | S | F | T | E | C |
| O | N | L | F | L | E | A | D | T | R | E | F | A | R | R |
| C | A | E | N | O | R | L | M | U | E | R | U | N | R | U |
| R | P | M | O | W | T | I | Y | N | F | T | R | D | Y | O |
| A | I | A | U | D | N | K | C | O | A | N | T | N | K | V |
| G | Z | R | G | T | C | R | N | C | W | E | M | U | L | A |
| U | R | A | A | I | E | T | F | O | S | C | U | T | I | L |
| S | A | C | T | A | E | Y | H | C | N | U | R | C | M | F |
| F | M | S | M | T | L | E | M | Y | T | E | I | R | A | V |

☐ CARAMEL ☐ HAZELNUT ☐ SELECTION

☐ CENTRES ☐ LEMON ☐ SMOOTH

☐ CHOCO- ☐ LID ☐ SOFT

LATE BOX ☐ STICKY

☐ COCONUT ☐ LIME

☐ COFFEE ☐ MARZIPAN ☐ STRAWBERRY

☐ CREAM ☐ MELT ☐ SUGAR COATED

☐ CRUNCHY

☐ MILK

☐ TOFFEE

☐ FILLING

☐ MINT

☐ VARIETY

☐ FLAVOUR

☐ NOUGAT

☐ WAFER

☐ FRUIT AND  
NUT

☐ ORANGE

☐ WRAPPED

☐ FUDGE

☐ PLAIN

☐ RUM TRUFFLE



# Orange Slice Jelly Shots or not!

Total time: 2 hours 20 minutes

Prep: 2 hr 20 min

Cook: 0

Yield: about 36 slices

Level: Easy

Ingredients:

About 6 medium-sized oranges

1 package orange-flavoured Jelly

Boiling hot water

Iced water

half a cup of liquor (such as Vodka, Tequila, Rum)

**Directions:**

Set at least 1 cup of water to the boil.

Lay the oranges on their sides, with the top (stem end) of the orange facing either to your right or left side. Cut oranges in half, exactly in

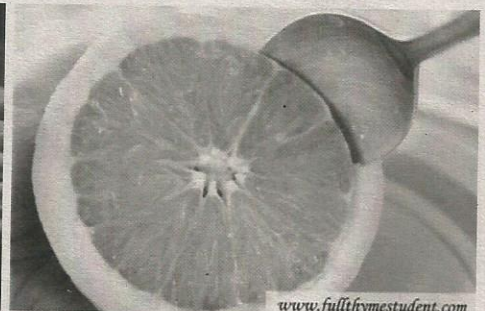
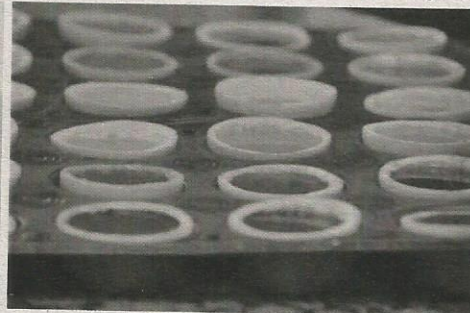
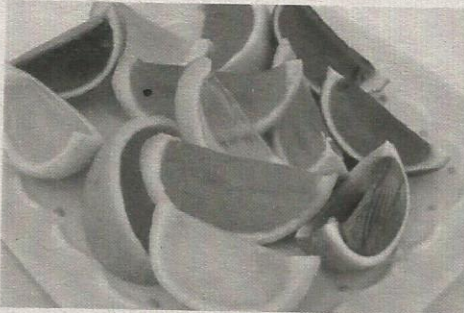
the middle of the fruit. To hollow the orange halves, use a spoon and run the edge of the spoon around the flesh of the orange where the flesh meets the pith (the white part). Run the spoon in a full circle to loosen the flesh from the shell. Scoop the orange flesh out of each shell, being careful not to break the orange shells. Remove any excess fruit in the orange shells to end up with clean, hollowed orange shells. Discard orange flesh, or save for another use.

Place hollowed orange shells in cupcake pans large enough to secure the orange shells and prevent them from moving. Set aside.

Pour 1 cup boiling hot water on jel-

ly powder and stir until dissolved. Add in half cup of iced water (remove any ice cubes) and half cup of liquor and mix thoroughly. If you don't want the liquor, add a full cup of icy cold water.

Pour jelly mixture into hollowed orange shells until filled, being careful not to fill until overflowing. Place cupcake pan with oranges in refrigerator and allow jelly to firm up for at least 2 hours. Using a large knife cut each orange shell into thirds, using even pressure to cut slices in just one chop. Do not run knife back and forth to cut orange slices. Store jelly shots in refrigerator before serving. Serve responsibly.



[www.fulltimestudent.com](http://www.fulltimestudent.com)

# Neil's

RESTAURANT

34 Hoofd Street, Gastron  
Tel: 078 944 7354





# Recipes



# Resepie

Genade maar die winter is darem koud. Gelukkig kan ons probeer om iets daaraan te doen. Hier is twee resepte wat dalk kan help. Dit kom uit twee wonderlike webtuistes, naamlik *my-easy-cooking.com* en *boerekos.com*. Probeer hulle gerus! Stuur asseblief julle "toor" resepte ook in sodat ons almal kan warm by.....asseblief tog!

## **Sweet potato, leek and biltong soup**

Serves 6

### **Ingredients**

50g butter  
100g finely sliced biltong  
6 leeks, finely sliced  
½ teaspoon freshly ground coriander seeds  
1ml nutmeg  
3 small sweet potatoes, peeled and cut into cubes  
1 medium potato, peeled and cut into cubes (replace with another sweet potato if you are banting)  
± 125ml cream  
Salt and pepper to taste  
Biltong shavings for garnish  
1,25 litre cold vegetable stock

### **Method**

In a large pot, heat the butter until bubbling. Add ½ the biltong, the leeks and spices and sauté until fragrant. Add the cubed sweet potatoes/potatoes and sauté for a minute, then add the cold stock. Cover and bring to a gentle boil. Simmer gently for ± 35 – 40 minutes or until the potatoes are soft.

Place in a blender with the cream and remaining biltong and blitz until smooth. Add more cream or stock for a thinner consistency.

Serve hot with crumbled blue cheese and crusty bread. Garnish with some biltong shavings.

Although cold stock takes longer to get to the boil, it draws out the flavour from the ingredients into the liquid, making a more flavoursome soup.

## **Outydse souskluitjies**

### **Bestanddele**

250ml koekmeelblom  
10ml bakpoeier  
1 ekstra groot eier  
50ml botter  
100ml vars melk  
Knippie sout  
Stroop:  
700ml water  
Kaneelsuiker  
25ml botter

### **So gemaak**

Sif droë bestanddele saam. Vryf die botter in die meel mengsel met vingerpunte totdat dit soos broodkrummels lyk. Klits eier en melk saam, voeg by meel mengsel. Meng goed deur.

Bring water en 25ml botter tot kookpunt. Skep nou lepels vol van die sagte deeg in die kokende water.

Sit die deksel op die kastrol en bring tot kookpunt. Stel plaat na laagste stelling en kook vir 20 minute.

NB: Moenie die kastrol se deksel tydens die kookproses lig nie!

Skep kluitjies uit in 'n groot bak, sprinkel liggies met kaneelsuiker. Voeg nou vinnig 10 groot lepels kaneelsuiker met die oorblywende stroop in die kastrol, bring tot kookpunt, hou aan roer tot lekker dik en stroperig.

Giet nou die sous oor die kluitjies.

Laat rus die kluitjies in stroop vir 10 – 15 minute voor opskep. Bedien met heerlike tuisgemaakte vla.



## NOOD Nommers

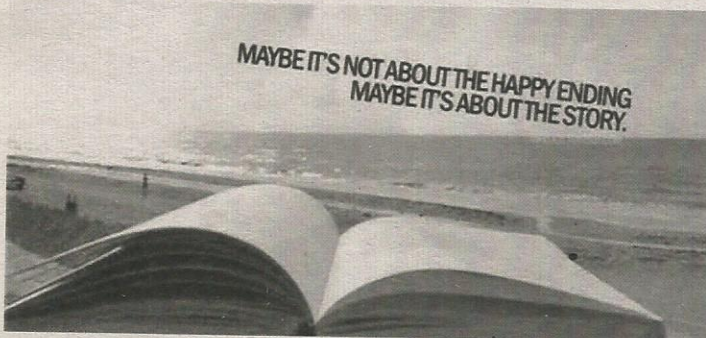
Moet hierdie nommers asb. onder geen omstandighede misbruik nie!

| SAPD<br>Noodnommer                                   | 10111                                                                                               | SAPS<br>Emergency No                                 |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------|
| SAPD Aanklagkantore<br>(Gemeenskapsdiens<br>Sentrum) | 051 673 9700                                                                                        | SAPS Charge Offices<br>(Community Service<br>Centre) |
| Brandweer                                            | Working of Fire:<br>Ian Wolfaart 083 583 8748<br>Veldbrande in dorp:<br>Kobus van Wyk: 082 855 4110 | Fire Department                                      |
| Ambulans                                             | 10177                                                                                               | Ambulance                                            |
| Zastron Hospitaal                                    | 051 673 1211 / 1200                                                                                 | Zastron Hospital                                     |
| Elektrisiteit<br>Na ure                              | 051 673 9600<br>086 007 6937                                                                        | Electricity<br>After Hours                           |
| Water<br>Na ure                                      | Mzingizi: 078 800 2836<br>Sehlabo: 082 422 5063                                                     | Water<br>After Hours                                 |

Under no circumstances may these numbers be misused

## EMERGENCY Numbers

NB: Insleepdienste 24uur NB: Tow-In Service 24hrs  
Zastron Towing Sel - 082 959 4467 - Cell



## OOG KAFEE

Zastron 051 673 1584

**Kom loer gerus in vir  
heerlike  
wegneemetes en  
varsgebak elke dag!**

**Kinderpartytjies vir jou 'n kopseer?  
Kom sien ons!**

**Ma - Sat: 06:00 - 22:00**

**Sun: 06:00 - 21:00**



## Hope to Help

Do you need help? There is help ...

### Drug and alcohol abuse

Helpline and SMS : 082 598 5809

Email : mail@tnt.org.za

Web site: www.tnt.org.za

### Abortion

Are you considering an abortion?

Have you had an abortion?

Helpline and SMS : 078 879 7484

082 290 7855 (Zulu)

www.doctorsforlife.co.za

www.cft.org.za

### Pornography

Helpline and SMS : 082 598 5809

### Gambling

Helpline and SMS : 082 598 5809

**There is hope! There is help!**

## KERKDIENSTE CHURCH SERVICES

### ~ N.G. KERK ~

Eredienste: 09:30

Leraar: Ds. Coenie Jacobs 051 673 1075

Skriba/Kassier: Mev. H. van Eyssen 051 673 1333

Kantoor-ure: Maandag tot Vrydag 08:00 - 13:00

Koster: Mnr. A.D. Connaway 051 673 1339

### ~ ZASTRON FELLOWSHIP GROUP ~

Services every 2nd Sunday a month (Communion)  
and 4th Sunday.

Services start with praise and worship 11:00

Leba Higgs 051 673 1130

### ~ VOLLE EVANGELIE KERK VAN S.A. ZASTRON ~

Leraar: Pastoor Sampie Leeuwner 082 468 5566

Byeenkomste: Sondag om 09:30

### ~ MARANATHA SENDING / MISSION ~

Plek / Place: Gustavus Str. 15

Kerkdienste / Service Times

Oggenddiens / Morning Service: 10:00

Dinsdagaandbyeenkoms / Tuesday evening Fellowship: 19:00

### ~ AGS LEWENDE WATERS / AFM LIVING WATERS ~

Majozi Str. 26, Zastron

Pastoor Eddie Higgins 076 130 3943

Erediens 10:00 ; Aanddiens: 17:30

Biduur (Woensdag) 18:30 by Pastorie te 32 Voortrekker St.