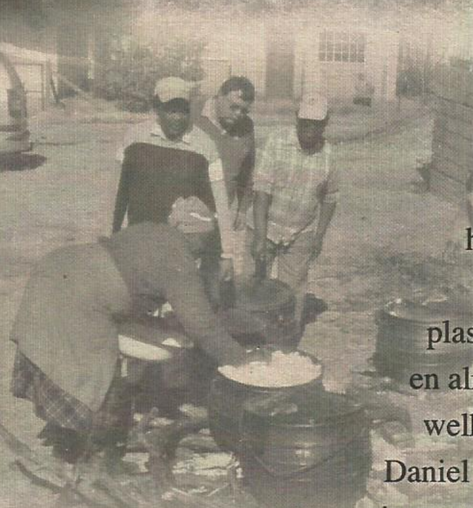
ZASTRONNER

Uitleg en Ontwerp deur TSD Groep (info@tsd.co.za) ~ September 2014 ~ Prys: R10.00

67 Minute 31 Julie

Julie maand is deur President Zuma as Mandela maand gedoop en sy wense was dat die omgewing skoon gemaak moet word. Die Vrystaatse Departement van Ekonomiese ontwikkeling, Toerisme en Omgewingsake se bydrae in Mohokare Munisipaliteit was om 'n uitstalling op te stel in die Matlakeng Gemeenskapsaal gevolg met 'n praatjie oor "Waste Economy". Deel van die aktiwiteite was dan 'n skoonmaak aksie/clean-up wat deur die burgermeester, Me Shasha en haar kantoor gekoordineer is. 600 vullis sakke is uitgegee vir die doel en kos is gemaak vir 600 mense wat aan die skoonmaak aksie deelgeneem het. Om verdere kleur aan die geleetheid te gee is 'n mobiele baler, geborg deur Petco oorhandig aan die herwinningsprojek in Matlakeng, **Mohokare Recycling** onder die leiding van **Daniel Mhjeng** (076 206 5594). Die baler werk met draad maar baal beter met baaltou en as enige persoon ou baaltou het om te skenk sal dit hoog op prys gestel word. Teenwoordig was Mre Duart Hugo, Johan Hardy, Trevor Sibeko en Monde Walaza asook Tsepo Moselesele die departementele beampte wat vir Xhariep Distrik gealokeer is. Soortgelyke dae is ook gehou deur die department in Hennenman en Qwa-Qwa (maar daar is nie balers geskenk nie). Daniel en sy medewerkers herwin veral papier en plastiek bottels en almal is baie welkom om Daniel te skakel vir meer inligting en hulp.



- Vrystaatse Departement van Ekonomiese ontwikkeling, Toerisme en Omgewingsake

~ Emmerentia Meads

Foto's op bladsy 4

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Uit Ons Pen

Goeie dag Zastronners,

Hierdie is ons tweede laaste Zastronner. Na hierdie uitgawe het ons nog net 'n Kersfeesuitgawe, waarvoor bydraes sluit op 27 Oktober. Ons gaan as redaksie uittree vir meer as een rede, maar die hoof rede is dat ons voel daar behoort 'n ander hand aan die koerant geslaan te word. Die sisteme is alles mooi in plek. Al die inligting is op rekenaar. Ons het 'n baie goeie, betroubare, behulpsame drukker. Indien enigiemand daarin sou belangstel om die koerant oor te neem is alles wat nodig is op rekenaar en beskikbaar. Ons doen weer 'n beroep op ENIGIEMAND om ons te kontak by Squares. Ons is meer as bereid om te gesels.

Ek hoor nou die dag op die radio hoe die omroeper 'n beroep doen op Suid-Afrikaners om eerder goeie as slegte nuus te versprei – veral op Facebook en ander media. Die omroeper reken dat mense so geneig is om wrede, negatiewe en hartseer boodskappe te deel sonder om seker te maak dat dit waar is. Dit is baie dikwels onwaar. 'n Mens moet baie versigtig wees waarmee jy jou gedagtes besig hou. Dit wat jy dink, voel jy, dink jy en word jy. Dit word nie ontken dat daar verskriklike dinge in ons pragtige land gebeur nie. Maar, kies eerder om 'n mooi storie te vertel, want daar is genadiglik net soveel mooi stories as lelikes. Kies om die positiewe stories met mekaar te deel. Die omroeper wonder verder watter impak dit sal hê op ons hele omgewing as die positiewe stories se energie om ons is en nie die energie van die negatiewe nie. Iets om oor na te dink?

Daar verskyn in ons Zastronner 'n berig oor bogenoemde.

Daar het 'n paar lekker druppels geval – en ja, nog baie is nodig – maar, 'n mens voel darem die lente is in die lug. Die Jasmyn blom en die reuk is altyd 'n heerlike lente boodskapper.

Ons hoop om baie bydraes te ontvang vir oulaas vir die Kersuitgawe. Asseblief, as jy 'n mooi storie raakgelees het, of een het om te vertel, laai dit vir ons af by Squares, of e-pos na squares@mweb.co.za voor 27 Oktober.

Groete en lekker lees!

NOTICE

Zastronner reserves the right to shorten reports, articles or letters and to hold back any article or letter not suitable for publication. All problems and hints must be taken up with the editor in person. Send photos with a post-paid envelope included to enable the editor to return it. The editor is not responsible for the development cost of films. The opinion of the reporters is not necessarily that of Zastronner. Take notice in good time of the closing dates.

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Besoek aan Australië

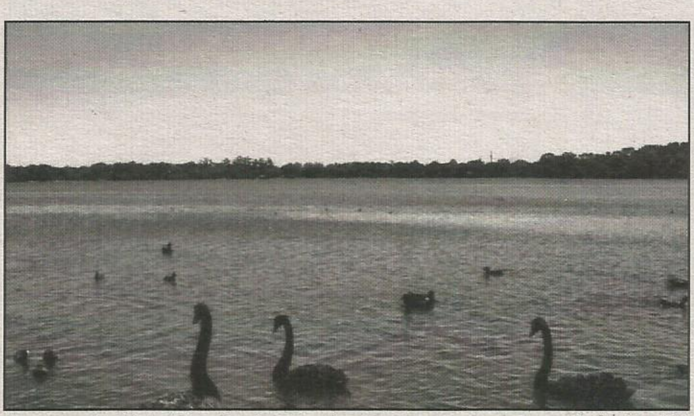
Na aanleiding van haar onlangse besoek aan Australië het ek, in 'n onderhoud met Santjie De Klerk, vir haar gevra om my van haar wedervarings en waarnemings te vertel. Ek plaas dit net soos sy dit in haar eie woorde getik het.

~ Alex van Rensburg

Australië, land van vele fasette

Om die vele fasette van Australië te verken, kan sekerlik maande duur. Dus, as jy hierdie uitgestrekte lap aarde vir die eerste keer besoek, is dit dalk 'n goeie idee om op Sydney of Perth te konsentreer.

Ek het die voorreg gehad om Wes-Australië te besoek, en na aanleiding van beriggewing oor Oos-Australië, en veral die stad Sydney, het ek my eie gevolgtrekking gemaak, nl. dat Perth wêrelde verwyder is van die geroesemoes in kosmopolitaanse Sydney. As kos en veral kuier, uitsigroetes of kangeroes mens trek, is Perth en omgewing die aangewese plek, daarby loop jy nog Suid-Afrikaners by die hope raak!



Swane op 'n klein binnelandse meer in een van die parke. *Foto: Verskaf*

Wes-Australië is betreklik yl bevolk. Net sowat twee miljoen mense bly hier en namate jy begin ontspan, waardeer jy die stadiger pas en wyer ruimtes. Tydens my besoek daar, was die staat in die greep van 'n hittegolf. Ek was stilletjies maar alte dankbaar toe ons eenkeer die salige koelte gaan opsoek in een van Perth se behaaglikste restaurante, die Boathouse, op die suidoewer van die pragtige Swanrivier.

Jaco, Santjie se seun, staan hier bokant die 3myl lange jettie,by Busselton, suid van Perth. Dit is die langste jettie in die Suidelike halfrond en 'n klein treintjie neem toeriste na die punt daarvan en terug. *Foto: Verskaf*

Jy raak vertroud met die stad deur eers die kolossale Kingspark te verken. Dit kyk oor die stad uit met menigte piekniekplekke en mooi uitsigte. Daar is ook 'n botaniese tuin van 17ha, swane wat die klein mere versier en 'n natuurlike bos.

Hier staan Santjie in een van die privaat Roos Tuine wat volop in hierdie deel voorkom. *Foto: Verskaf*

Die winkels in Perth is pragtig en netjies, maar steek goed af teen die winkels in dorpe van Suid-Afrika. Nie eers één geskenkwinkel kom eers nastenby ons eie Kotteljonsie in Zastron nie! Dieselfde kan van ons eie Vananco gesê word. Klein winkeltjies versier die dorpie naby Perth, wat my sterk aan Smithfield herinner.

Die hawedorp Freemantle, net 'n katspoeg van Perth af (hetsy per pad, spoor of veerboot) het 'n gewilde mark, museums en talle kroegies en restaurante. Dorpies soos Bridgetown en Dunsburough is netjies en gasvry en dit voel gladnie of jy oorsee is nie. Die ou argitektuur en ook nuwerwetse geboue is feitlik eie aan díe van ons.

Bloekombome is volop in die uitgestrekte onbeboude ruimtes tussen dorpies. Twee tot drie dae is voldoene vir die stad en omgewing, dus is dit goed om 'n besoek te kombineer met 'n ander bestemming in Wes-Australië.

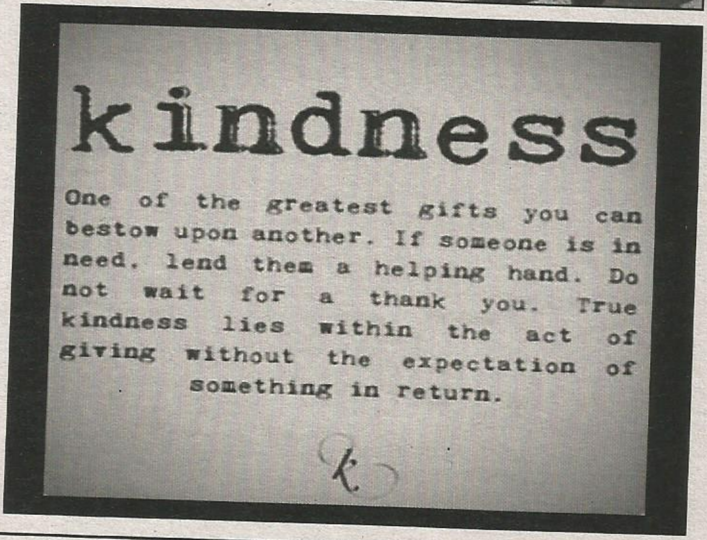
Die mooie Margaret rivier, 280 km suid van Perth, is hoogs aan te beveel, waar ons twee dae in die wynlande deurgebring het. Daar ontdek jy die bekende Sandford, stylvolle Vasse Felic met sy heerlike Heytesbury Chardonnay, en Cape Mentelle, waar die eende in die wingerde wei en 'n smaaklike Caberet Chiraz te kry is. Voyager landgoed, danksy die outentiek-lykende Kaaps-Hollandse opstal en gronde, lyk nes Stellenbosch, maar sonder die Bolandse berge.

Dié bekoring strek egter ook verder as wyn. 'n Rit deur die Leeuwin nasionale park is 'n belewenis van rustige afsondering. Eenvoudig bekoorlik is ook die pragtige roostuine wat jy hier en ook oral in en om Perth kan besoek teen 'n klein bedraggie. Almal swig voor die sjarme van honderde roosbome. Elke roostuin is eiesoortig. Opvallend is ook die pragtige skoon en lieflike strate en paaie net waar jy kom. Geen rommel en geen slaggate!

S. de Klerk

Vervolg van voorblad

Duart Hugo, Me Sehanka.



Me Shasha, Me Sehanka, Mr Daniel Mhjeng.

The Nutty Squirrel

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Lief en Leed uit *Huis Vergesig*

Almal is dit eens: hierdie winter was die koudste in baie jare! Was dit regtig so, of het ons maar net bietjie vergeet hoe ons die vorige jare gebibber het? Waaroor ons egter almal saamstem, is dat die lente in aantog is, al knyp die winter nog soms aan neus en oor. Heerlike vooruitsig!

Baie geluk aan almal wat in Augustus en September verjaar. Mag die seën en genade van die Here elkeen se pad in die nuwe jaar bestraal!

Augustus:	10 – Gawie Breytenbach
	12 – Kaatjie Eloff (92 jaar)
	14 – Joey Visser (Personeel)
	16 – Meriam Pieterse (Personeel)
	20 – Anna Diniso (Personeel)
	23 – Johanna du Plessis
September :	7 – Hester vd Walt
	14 – Angelina Mlenze (Personeel)
	18 – Florence Stoffel (Personeel)
	27 – Thandi Mzili (Personeel)

Met groot hartseer moes ons vir Hannetjie Swanepoel, Nola Labuschagne en Chris Jacobs totsiens sê. Ons dink met groot liefde aan hul families. Ook aan Sterna Maritz, wat 'n kleinseun aan die dood moes afstaan. Dis 'n seer wat baie diep in jou hele wese sny, maar God is altyd daar om ons op te tel as ons nie meer verder kan gaan nie. Sterkte Sterna.

Die tehuis het ook 'n paar nuwe inwoners bygekry, nl. Nellie Swanepoel (Zastron), Andy Penz (Rouxville) en Alda Potgieter (Strand). Ons hoop julle sal baie gelukkig hier wees en sommer gou ware Huis Vergesigters word.

Die Gryswys-byeenkoms van 12 Augustus was weereens 'n wonderlike geleentheid. Saam met Santjie de Klerk het ons 'n Bybelse vrugtkoek gebak – heerlik met vye, rosyne, amandels, en alles wat lekker is. Hierna het die koor van Samuel Johnson, onderleiding van Mnr Nandise, ons op pragtige sang trakteer, en die dag is afgesluit met eetgoed wat die Vastedensrus-dames en die Gryswys-komitee voorsien het.

As dit soms vir jou voel of die lewe te swaar word, kan ons saam met J Sidow Baxter sê: " Gebed is die magtige wapen wat God Sy kinders gegee het om in 'n wêreld van kwaad, onreg en pyn te oorleef."

Kom ons gebruik hierdie wapen tot Sy eer.

~ Helene Snyman

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Elephant Shrews

Dad had a great respect for life, never killed anything without a reason. He firmly believed that everything lived in a great circle of life which was constantly renewed.

Every spring all young animals were born. He told us about the Elephant Shrew who lived in cracks in the iron-stone Koppies in the Karoo. These strange mouse-like animals had a trunk just like an elephant.

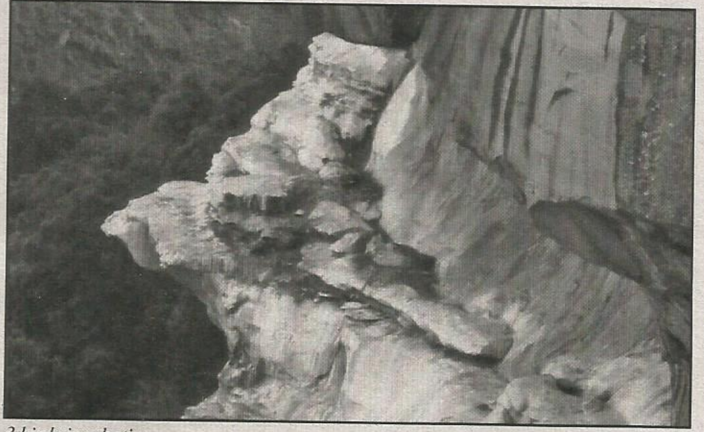
After many attempts, he finally caught a pair of them. He brought the shrews home, hoping that Mr. and Mrs. Shrew would produce a family, but Mrs. Shrew had a different idea of matrimony and ate her husband!

No wonder an awful woman is called a shrew.

~ Helen Dixon

Cape Vultures

In my previous article I mentioned that Cape Vultures belong to the Old World vultures. Can you remember in what continents they are found? We know that Cape Vultures belong to the Gyps group of vultures and are endemic to Southern Africa.



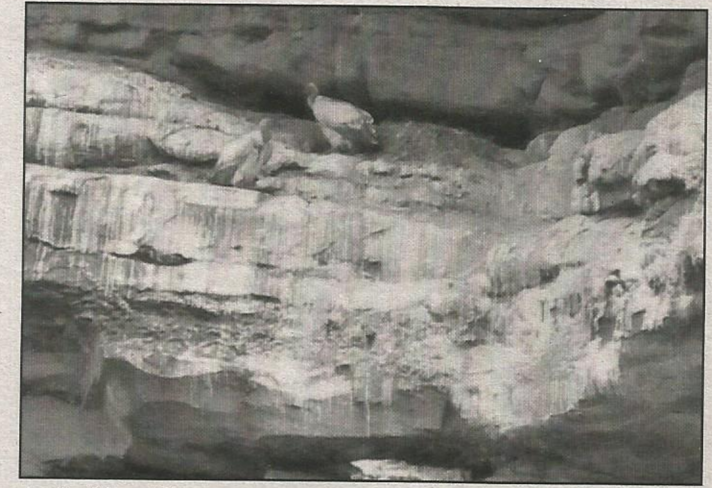
3 birds incubating.

Breeding occurs during the cold winter months and a breeding colony could consist of a small group of birds to colonies above 300 breeding pairs. Both parents 'prepare' a nest by using plant material to line the nest. This material consists of twigs, sticks and dried grass that is twirled to form a compact nest. The height of the nest varies and sometimes it could have virtually no nesting material. The breeding pairs mate for life and will use the same breeding kranz and colony every year unless disturbed. We must remember

Poppie with captive bred chick at VULPRO.

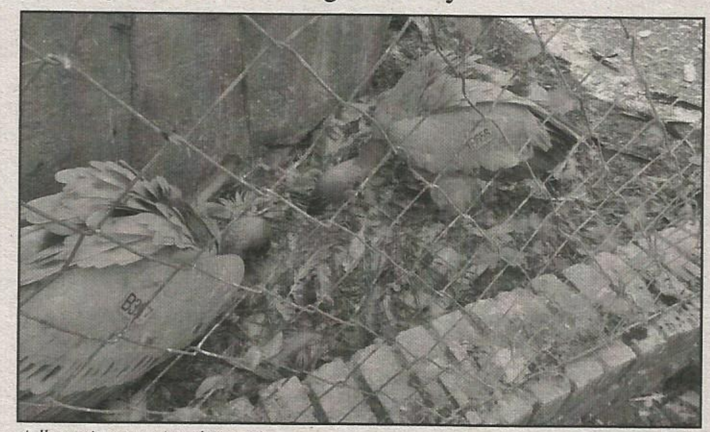
that Cape Vultures only reach maturity after 5-6 years of age. Most of these breeding colonies tend to face south or south-east however, the Zastron group faces north-west to north-east. These nests are built on ledges and can be relatively close to each other, however, the adult pair never land on the incorrect site when returning to their nest. The occupants of these colonies do not only consist of adult birds but younger immature and sub adults as well.

One egg (very rarely two) is laid which is slightly off-white in colour and weighs about 250g. Egg laying takes place from the middle of May through the month of June. Both parents take turns in incubating this egg for between 54 to 58 days before the young chick appears. Whilst incubating disturbances from Crows, Black Eagles, baboons and humans are some of the major threats the adult birds face. Hatching can take



A pair of Cape Vultures at a nest.

up to two days and the chick must be assisted by the parents. The parents feed the chick by regurgitating food and can be fed in a mouth-to-mouth method. As the chick gets older it will tap the parent's bill to be fed. At about 6 weeks of age they will start growing their feathers. It will only be after 140 days that the youngster will be ready to leave the nest. It is now called a fledgling and from then on it has a long journey before reaching maturity.



Adlut pair preparing their nest.

Besides the immediate threats of crows, eagles, baboons and humans, other factors that influence the success of their breeding includes the availability of food for the adults, the type of food fed to the chick and the survival of both parents. Food supply is becoming a large problem for the vultures as improved agricultural methods and medicines have led to less dead stock and therefore less food freely for the birds to feed on. Like humans, these chicks are also ependent on sufficient calcium in their diet for a good

bone structure. This used to be freely available where carnivores would 'chew' on carcasses and leave bone fragments for adult birds to consume whilst feeding. Sadly this has resulted in metabolic bone diseases leading to wing deformities. Fledglings suffering from this are unable to fly and will die. Lastly if one or both of the parents do not return to the nests due to poisoning, electrocution, persecution, drowning in reservoirs or muti trade, the chick is left to die.

Poisoned birds.

Cape Vultures are long-lived birds which reproduce slowly and the mortality of the young before reaching breeding age is high. This is where they are precariously balanced at the moment and this is where we all have the responsibility to educate and encourage the conservation of this magnificent species.

Mr G and Ms V at their new nest.

Questions:

How many months does the chick spend in the nest before flying?

If an egg was laid at the end of May (name the months)
- When would it hatch?
- When would the chick fly off the kranz?

Vallies with chick in nest.

Answers:

4½ months
(140 days divided by 30 days)

Second half of July
(incubates for average of 54 – 58 days -1 ½ months)
November month (a nestling for 4½ months)

Uit my foto-album

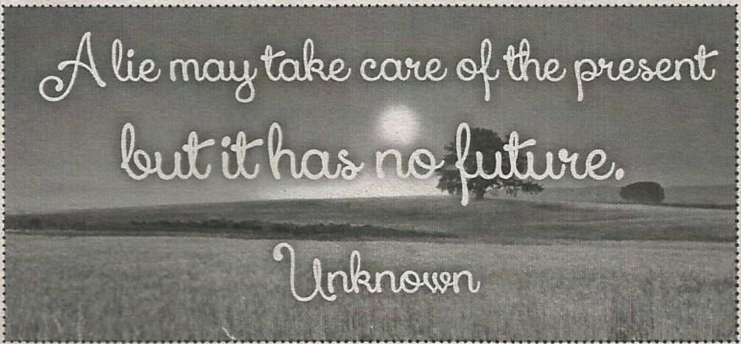
Alex Van Rensburg

Hierdie foto het ek vanaf 'n Veerboot tussen die Griekse Eiland Mykonos en Athene geneem en genome -

'Sonsondergang oor die Middellandse see'

This photo was taken from a Ferry between the Greek Island of Mykonos and Athens and I named it -

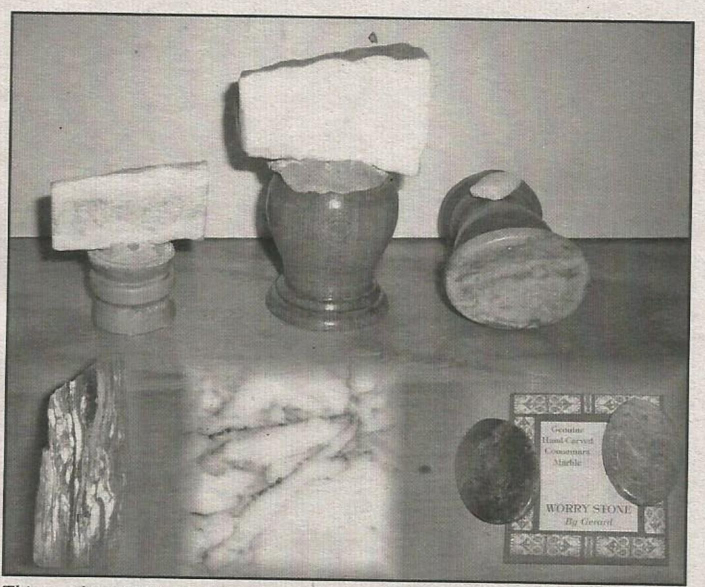
'Sunset over the Med.'



Among my Souveniers

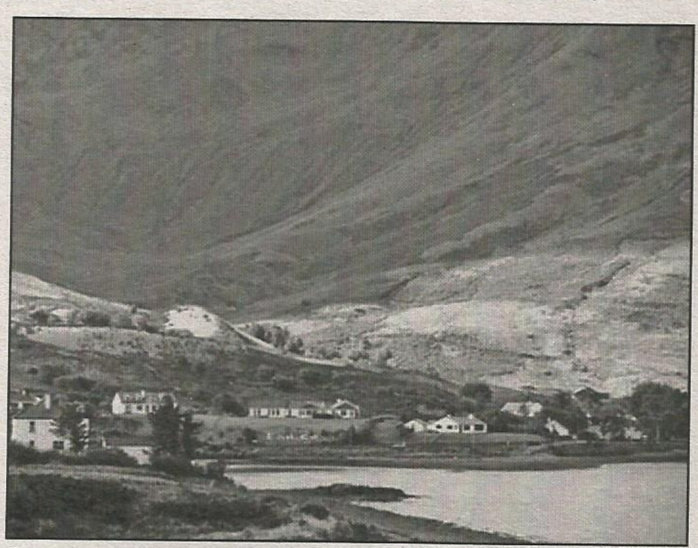
In my Taverna Venezia you will find 3 small pieces of the finest marble imaginable, all mounted on foot pieces of various kinds of wood. Taking them and just looking at them bring back memories long obscured in the veils of time.

It is springtime in central Europe – springtime in Italy. I have just arrived in the town of Carrara where large amounts of the finest white marble, is excavated. Cut into large blocks, it is distributed all over Italy and many parts of the world. In Italy Carrara marble is cheap and easily transportable, therefore you find the floors, staircases and steps of houses, flats and hotels, practically all buildings, ancient and modern, constructed of solid marble.



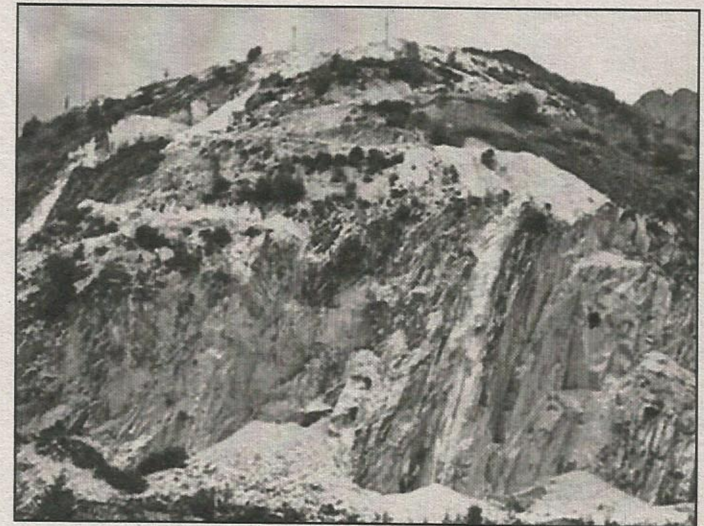
This combined picture shows from Left to Right; Fauske Marble, Carrara Marble and Connemara Marble. *Photo: Alex van Rensburg*

In St. Petersburg (formerly Leningrad), the beautiful old Onion domed Church of our Saviour, built on the spilled blood, was decorated with rare pink marble from Carrara in Italy. This was, however looted by the populace under Stalin's Communist rule. When in St. Petersburg I was told that the anti-communist Government was in the process of redecorating the inside of the Church with Italian marble.



Connemara, Irland. *Photo: Alex van Rensburg*

On visiting the Coliseum in antient Rome, visitors will notice that the walls are full of round holes. These holes were originally filled with Carrara marble, but after the building fell into misuse, the marble was removed by locals who used it to decorate their homes.



Carrara Marble Quarries, Italy. Photo was taken from my bus window. *Photo: Alex van Rensburg*

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The beautiful Geiranger Fjord in Norway which lies just South of Fauske. *Photo: Alex van Rensburg*

With a large piece of Carrara marble in my bag I return to Rome.

Arriving in Ireland, after a three hour ferry trip from England I am astounded by the simple beauty of this wonderful country. Around me fields are green-a green so unique, something I had never seen before. No wonder Ireland is called the Emerald Isle.

From Dublin our bus takes us South, Waterford Glass works, Cardiff with the famous Castle and Cardiff Arms Park. Further on to The Ring of Kerry and Mary Bay. The beauty of the Scenery is magnified by simple grass roofed cottages dotting the countryside. Eventually we arrive in County Connemara and I make my way to my Hotel on Galway Bay. Everywhere you enter a restaurant or Irish Pub, you are overwhelmed by Irish songs – no other country has ever expressed itself in song and verse, as, has Ireland.

From Galway I travel, by bus, to the marble producing area of Connemara. Here beautiful green marble is polished, turned into jewellery and sent to many parts of the world. I buy a piece of the polished stone to exhibit in my Taverna Venezia- among my souvenirs in Zastron.

With songs like "Galway Bay", "When Irish eyes are smiling" and many others, ringing in my ears, I cross the Irish Sea and return to England.

While travelling through Norway, I cross the Arctic Circle at Mo-i-rama.I have just spent 6 days above the Arctic Circle –travelled right up to the North Cape, Europe's most northern point, where the sun never sets in summer. Yes, this is the land of the midnight Sun.

Today, however, I am on my way to Fauske where the highest quality marble is excavated. The colour of the marble is brought about by certain salts in the ground, salts, unique to this area. Fauske marble is very sought after by various construction companies. Again a piece of the marble disappears into my handbag.

It was, therefore, my priviledge to visit three of the largest marble producing areas in the world, set very far apart, in the most beautiful parts of the world, and to be able to exhibit samples thereof in my Taverna Venezia – something which always enthrals visitors.

~ Alex van Rensburg

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Do you know the secret power of the mind? Do you know how to create the life or the environment you want?

It's really not a secret after all. The power is available to every single person, including you. And it's free.

"The secret" is that you are what you think. You become what you think about.

In 1956, Earl Nightingale wrote "The Strangest Secret" in an attempt to teach people the power of the mind, the power of thought. He said, "you become what you think about all day long."

Nightingale's inspiration came from Napoleon Hill's book, "Think and Grow Rich," published in 1937.

For 75 years (and likely long before that), this simple "secret" has been taught to adults around the world. At the very least, the knowledge has been available to us.

So why is it a secret?
We're creatures of habit. We tend to follow the picture in our minds created by our parents, our neighbourhoods, our towns and the part of the world from which we come. For good or for bad.

But we don't have to. We each have a mind of our own, capable of imagining life the way we want it.

Start imagining your life the way you want it. Create a picture in your mind and think about that picture steadfastly all day long. Believe in it.

WATCH YOUR THOUGHTS, THEY BECOME YOUR
WORDS
WATCH YOUR WORDS, THEY BECOME YOUR
BEHAVIOR
WATCH YOUR BEHAVIOR, THEY BECOME YOUR
HABITS
WATCH YOUR HABITS, THEY BECOME YOUR
VALUES
WATCH YOUR VALUES, THEY BECOME YOUR
CHARACTER
WATCH YOUR CHARACTER, IT BECOMES YOUR
DESTINY
- MAHATMA GANDHI

You don't have to tell anybody. Have your own quiet confidence that you can make the picture in your mind come true.

You will start making different choices in line with your picture. You will take small steps in the right direction.

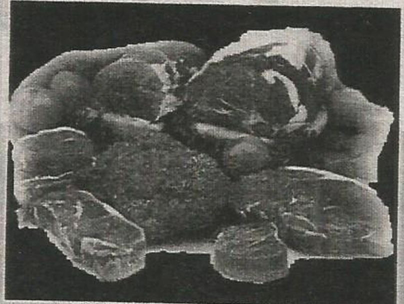
You'll also encounter obstacles. Don't let these obstacles stop you. If you hold your picture of the life you want steadfast in your mind, you will eventually create that life.

What have you got to lose? Close your eyes and start now.

You will become what you think about.
'n Mens moet in gedagte hou dat die media – koerante, tydskrifte, internet nuus netwerke – 'n besigheid is wat geld moet maak. Ons moet net nie toelaat dat hulle besigheid ons gedagtes en lewens benadeel nie! So is dit byvoorbeeld 'n baie positiewe ding dat die regering 'n kommissie van ondersoek na die wapenskandaal aangestel het. Of hulle ooit by die waarheid sal uitkom en of iemand ooit aan die kaak gestel gaan word, is amper 'n bysaak. Die bereidwilligheid van die regering om enigsins daarop aan te dring dat 'n vorige president van ons land (Mnr. Mbeki) voor die kommissie moet verskyn, is baie positief. Volgens Dawie Roodt – almal ken hom – maak dit van ons land 'n ware demokrasie met baie sterk fondasies. Daar is bitter min ander, en selfs eerste-wêreldse lande waar dit sou gebeur dat 'n kommissie van ondersoek na wapenhandel ingestel sou word. Wapenhandel die wêreld oor is 'n "dirty business".

Maar, eerder as om ons hieroor te vertel, kies die media om ons daaraan te herhinder dat die kommissie van die begin af gefaal het, geen werklike uitkoms gaan hê nie en niemand aan die kaak gestel gaan word nie.

Zastron Slaghuis



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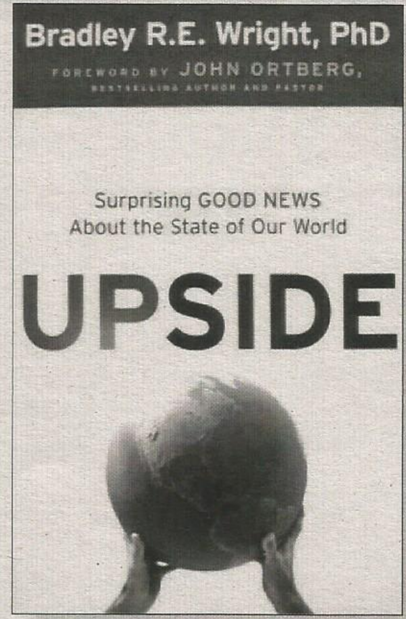
Bad news sells better than good news

April 5, 2013 David Murray 2 comments

The good news about bad news is that there is not nearly as much of it as you might think. The bad news about good news is that good news doesn't tend to sell. Dr. Bradley Wright explains this paradox in Upside: Surprising Good News about the State of our World



The media sells negative worldviews. It's not that reporters, writers, and editors are pessimistic people; rather, they have a strong incentive to tell us about the fearful, scary, and dangerous happenings in our world. The media is a business, and it succeeds by attracting viewers and readers. With hundreds of television channels and even more online news sources, how can they do this? One way is to offer something that is truly frightening. If watching a story can save us from some imminent danger, then maybe we'll stop channel surfing long enough to watch it. If reading a report can protect us from a health scare, maybe we'll pick the magazine off the rack. Sensationalism and fear sells—this is a fact of life that won't change anytime soon (36).

Wright proceeds to highlight how this also motivates the media to find bad news even in the good news:

If life expectancy decreases, people are dying younger. If it increases, it strains the social security system. An unpreventable disease harms people; a preventable disease means disparities in access to medical treatment. High birthrates cause overcrowding; low birthrates cause school closings and lowered future tax revenues (38).

Many activist and advocacy groups like Greenpeace also have a vested interest in selecting and emphasizing the negative. If the world is not getting worse, who's going to volunteer or donate to make it better? But in many ways our world is getting better.

• People living in the middle class in the U.S. live better than 99.4% of all human beings who have ever existed

• Americans are healthier and live longer than ever before

• Literacy rates are up and crime is down
• Family income is up and the cost of living is down
• Air and water quality is up and deforestation is slowing down (201, 204-5).

But what about the rest of the world? It's a basket case, isn't it? Not at all.

The United Nation's Human Development Index is based on three measures: life expectancy, education, and income….The United Nations has collected data on 115 countries from 1990 to 2007, and would you like to guess how many of them had improved over this time period? If you guessed 109, you are absolutely right (207-8)

Wright assembles hundreds of facts and statistics to support his persuasive thesis that although there are still a few significant areas where things are getting worse rather than better, that's the exception rather than the rule, and concludes:

Two thousand years ago, a book whose core was euaggelion—good news—began to be widely read. We of all people should be able to recognize and celebrate and express gratitude wherever we find it. For all good news is God's good news, and to ignore it, hide it, minimize it, or distort it is neither mentally healthy nor spiritually sound.

NAUDE EN RADEMEYER BK h/a

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E-mail: info@mohokare.co.za
www.mohokare.co.za

MOHOKARE LOCAL MUNICIPALITY
ESTIMATES, RATES AND TARIFFS FOR 2014/2015

Notice is hereby given, in terms of Item 15 (3) of the Local Government Municipal Planning and Performance Regulation 2001, promulgated under the Local Government: Municipal Systems Act 2000, (Act 32 of 2000) read with the provisions of Section 25(4)(a)(i & ii) of the aforementioned Act, and the provision of the Municipal Finance Management Act 2003, (Act 56 of 2003) of the adoption of the Mohokare Local Municipality's Integrated Development Plan (IDP) 2014/2015 to 2016/17 and Budget for 2014/2015. The IDP and BUDGET were adopted at an ordinary Council Meeting held on May 28, 2014.

Copies of the said documents and all budget related policies and tariff list are accessible for inspection on the website www.mohokare.gov.za or during office hours at the municipal offices and libraries.

TARIFFS FOR THE FINANCIAL YEAR ARE AS FOLLOWS:

RATES

Per R1 on valuation of property – Domestic	R0,007380
Business	R0,009998
Silos:	
Per R1 on valuation of property	R0,007380
Government	R0,003489
Farms	R0,001594

Rates become due and payable in nine monthly payments from 1 July 2014.

*Rebates
Government Departments: 0% rebate
Farms: 5% rebate on full settlement of rates levied paid on/before 30 September 2014.

Any person who desires to object to the new tariffs being implemented shall do so in writing, within 14 days from the date of this notice being published in the press, to the Municipal Manager, PO Box 20 Zastron 9950.

All moneys due to the Council will be payable on the first day of the month following the month of consumption and/or usage, failing which, interest may be levied after the due date.

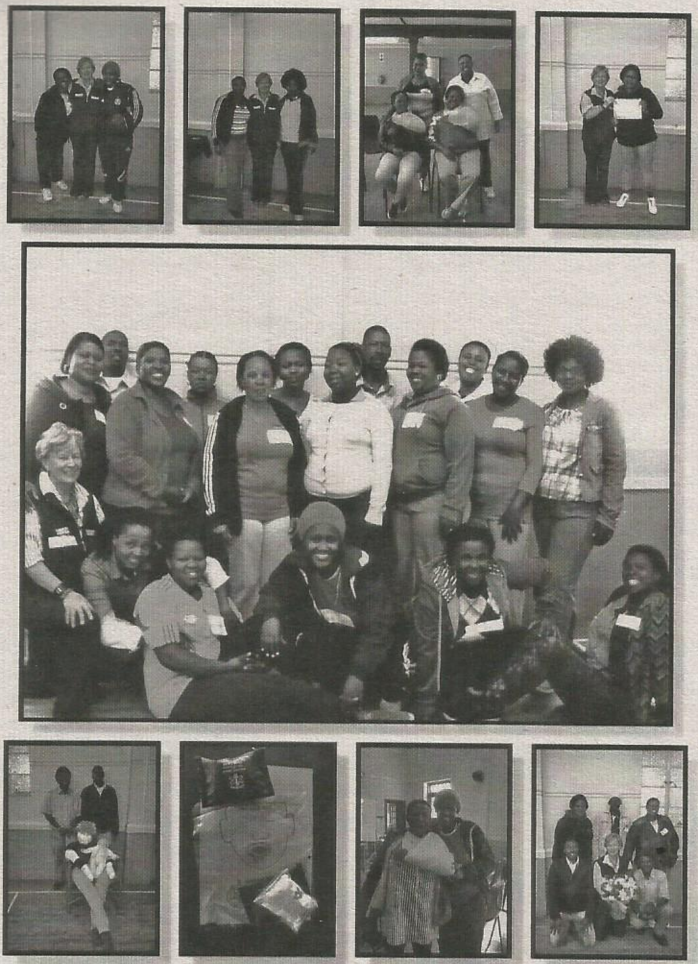
CT PANYANI
MUNICIPAL MANAGER

10 June 2014

www.mohokare.co.za AIDS KILLS

Vision
"We shall be a consistent municipality, with a natural base, offering the highest quality of life for all"

Pre-school teachers attend first-aid course



Delighted care givers of Lerato Educare Centre and Sechaba Day Care who attended a 3 full day course held by Coral Carter under the auspices of Cormed Emergency Medical and First Aid Training (Free State) and sponsored by Lerato Educare Centre.

Thanks to Coral Carter's touch every one of them enjoyed the course immensely and passed as a result of it. Her letter tells the whole story.

Dear Anette and Koos du Plooy,

Thank you sincerely for arranging the sponsorship of Sechaba Day Care and for organising the delightful group of pre-school teachers from Lerato Edu-care. For me as the lecturer it was a very rewarding course. The candidates were very attentive and participated in the learning process extremely well.

Often I think the public think First-Aid is a one, two, three – Mickey Mouse – course; meaning, one needs to know one or two things and that's enough to know first-aid. This is absolutely not so. Each person who graduated after the three days really deserves to wear the Cormed logo when on duty at school.

I am pleased and proud to let you know that your teachers now not only have a certificate valid for three years, but that they have a life skill which will help each of them at home and in the society in which they live. They are all now competent First-Aiders and are capable of assisting in any emergency situation. They have the skills to preserve life and to give ongoing care until medical assistance arrives at the accident scene.
Thank you both again for the lovely opportunity to help uplift others in our community.

Yours sincerely,
Coral Carter

CORMED EMERGENCY MEDICAL AND FIRST AID TRAINING

CORMED

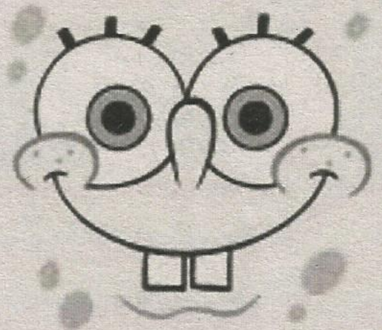
In accordance with the standards and guidelines of:
The American Heart Association ER 09/17
The South African Resuscitation Council ER 09/17
The Department of Labour: CI No. 224.
Occupational and Safety Act, 1993.

Coral Carter
Accredited Cormed Fist Aid Instructor (Free State)

Tel: +2782 780 0331
Email: cartercarecourses@gmail.com

Kotteljonsie
Matheestr 23
Zastron
9950
051 673 1369

Vars groente
Skryfbehoeftes
Plante
Servette
Geskenke
Speelgoed


Live like
Spongebob,
laugh out loud all day without any reason
and annnoy all the mean people with your hapiness.

Outreach Project

Eagle Christian Church Zastron under the leadership of Pastor Teboho and Lydia Lento had an Outreach Project Giving Back to the Community it was held on the 20th of June 2014.

The purpose of this Project was that the Church had seen the poverty experienced in the Community of Matlakeng. The Church then identified 2 Schools to adopt and gave them 60 pairs of school shoes and socks. The schools identified were Zama and Zastron public school; each school received 30 pairs of school shoes and socks.

The school Principal and his team the SGB, school teachers and the Parents of leaners were present at this event. A further invitation was extended to the Office of the Mayor.

The event went well and it was the desire of the Church to do more and touch more lives, as a starting church we believe that this could be our annual event where we can touch more lives and bring positive influence to our community.

We would like to go into partnership with people who would love to take part in this kind of a project.

The relevant person to contact is Ms Dimakatso on 073 891 5853

Dankie

Hiermee wil ons net baie dankie sê aan almal se meelewing tydens Andre se afsterwe 4 Julie 2014.

Ons waardeer julle almal opreg. Die seer sal nog lank bly, maar vriende maak dit draaglik.

Maria, Dirk, Luceanne, Ignus en Madeleine

Dankie

'n Baie groot dankie aan almal wat ons die afgelope tyd so wonderlik onderskraag en gedra het.

Elke hospitaal besoek, oproep, SMS, blomme, al die gebede en belangstelling beteken vir ons baie. Baie dankie aan Dr. Keeve en personeel, asook S.A.P vir hulle hulp. Ons grootste dankie aan die Hemelse Vader vir Sy groot genade en liefde.

Freddie en Marthie Muller

Dankie

S.A. Polisie – Zastron

Ek wil graag die geleentheid gebruik om baie dankie te se aan Konst. GL Khumalo en span asook aan Gerrit Burger vir hul uitstekende werk met die opsporing van my gesteelde goedere. Dis lekker om te weet mens kan nogsteeds staatmaak op ons Polisiediens in Zastron.

Ek wil ook dankie se vir die gemeenskap se ondersteunng gedurende hierdie tyd.

Clifford Kirk

Bedanking

Graag wil ek almal wat gehelp het met die brand wat op Vrydag 1 Augustus op Heilstroom ontstaan het hartlik bedank vir hul onbaatsugtige hulp en bystand met die blus van die brand.

Daar is nie woorde om my dank en waardering uit te spreek nie.

My bure wat skade gelei het wil ek hartlik om verskoning vra vir die skade veroorsaak.

Ek hoop en vertrou ek sal julle ook eendag van hulp kan wees waar my hulp benodig mag word.

Baie dankie

Pieter Fonternel

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World War I - Let us not forget them

To the almost 10 million fine young men, from both sides, who gave their lives for their countries – who died with smiles on their faces while facing the foe – to them, I dedicate this tribute.

They shall not grow old, as we,
who are left, grow old.
Age shall not weary them,
nor the years condemn...
At the going down of the sun and in the morning,
We will remember them...

Laurence Binyon.

Archduke Franz Ferdinand and his wife in the open car shortly before they were assassinated. *Photo: Imperial War Museum London*

28th. June 1914 , 100 years ago – the world is sitting on a volcano, but nobody seems to realise this.

In Sarajevo, Franz Ferdinand, Crown Prince of Austria-Hungary and his wife have just attended a State meeting and are on their way to their open car waiting outside. As head of the army the Crown Prince still has to view a display of Military Equipment in the lower part of the city.

One of the German trenches in which no one survived *Photo: Imperial War Museum London*

This is how the Battlefield looked after the rain. *Photo: Imperial War Museum London*

As their car slowly starts moving down the street someone from the crowd tosses a black packet into the car.Quickly grabbing it, the Crown Prince hurles the packet over the back of the car, down the street. As it hits the ground a massive explosion follows, but fortunately, nobody is injured.

After travelling a short distance further, a student from the crowd leaps onto the back of the open car and fires three shots, two hitting Franz Ferdinand

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

and one, his wife, who tries to protect her husband with her body. They were rushed into a hall at the side of the road where both died within an hour.

This was the incident that triggered the war, also known as the Great War – a war so horrifying - something never before seen by mankind. On 4th. August 1914 Germany invaded Belgium, war was declared by Britain, the various countries chose sides and soldiers,with smiles on their faces and songs in their hearts, marched to the front.

Besides ordinary weapons poison gas was also used. Those who encountered mustard gas had their lungs literally burned out, others were blinded, limbs were lost. They were unlucky not to have died – unlucky to be alive.

Germans trying to evade a gas attack. *Photo: Imperial War Museum London*

Great battles were fought, Dellville Wood, the Marne,the Poppy Fields of Flanders, but probably the greatest of all was the Battle of the Somme.With British and French forces on one side and Germans on the other, a million men opposed each other. The British started a bombardment in which thousands of tons of bombs were showered onto the German positions. This kept on for days, but the Germans were well dug in and not much damage was done. Due to miscalculations by the British High Command, thinking that the Germans were on their knees, they ordered their forces to cross the river and attack the weakened Germans. As the British moved in, with smiles on their faces, they were met by the fiercest machine gun fire, ever – truly walking into a torrent from hell - 8000 dead and 40 000 wounded, on one day!

From these bombardments, which became more common, there emerged another scourge – Shell Shock! Soldiers with hands and heads shaking, eyes popping out, walking doubled up, crawling on hands and knees, speaking uninteligibly – horrifying human wrecks, unlucky to be alive.

A German tri-plane hanging in the Imperial War Museum London *Photo: Alex van Resnburg*

As the war progressed old bi- and tri- airplanes were used. On the ground in the trenches it was raining, everything was wet and covered in mud. Clothes had to dry on soldiers bodies. In the Imperial War Museum in London, England, there is a perfect replica of such a trench which you can enter – bombs burst all around you, the crackle of rifle fire rings in your ears.

Eventually the end of the holocaust dawned in 1918. Germany, the losers, had to sacrifice large tracts of land to Poland and other adjoining countries.This eventually proved to be one of the direct causes of the 2nd. World War, which started in September 1939.

The tragedies of war are the millions of youngsters, who, with smiles on their faces and songs in their hearts, charged into battle, died with their faces towards the foe – the greatest tragedy of all being the human wrecks who returned... At the going down of the sun and in the morning, we will remember them.

Source: The Imperial War Museum, London, England.

~ Alex van Rensburg

Te Koop

Wit Canopy, goeie toestand, pas op 'n langbak

Isuzu 1997 model. Prys R5000.

NB: ook te koop: items wat veral boere nuttig sal vind,

bv: besproeiings pype, melkkanne ens.

Kontak 072 170 3551 vir navrae.

Engelse sout

Ek lees nou die dag 'n interessante brokkie oor Engelse sout se voordele en gebruike op Facebook. Dit het my nuuskierigheid behoorlik geprikkel en ek het bietjie gaan nader ondersoek instel na die gebruike, navorsing en gevare. Hier is van die interessanthede waarop ek afgekom het.

Magnesium is op een na dié element wat die meeste in die menslike selle voorkom. Dit help om die funksionering van meer as 325 ensieme te reguleer en speel 'n noodsaaklike rol in verskeie liggaamsfunksies van spierbeheer tot die uitskeiding van gifstowwe! Die geleerde naam vir Engelse sout is Magnesiumsulfaat en word dus met rede opgehemel as 'n wonderkuur!

Navorsing in Amerika toon dat magnesium tekort in die liggaam kan bydra tot talle stressverwante siektes, maagongestelthede, gewrigspyne, osteoporose, beroertes en hartsiektes! Die afgelope eeu het magnesiumvlakke onder die Amerikaners met 50% gedaal!!

Die heel beste manier om die voordele van Engelse sout te benut, is om daarin te bad. Sue Parker, 'n voedingskundige van Johannesburg, sê dit help die liggaam om van gifstowwe ontslae te raak. Gooi ongeveer een koppie Engelse sout in jou badwater en week daarin vir 20 minute. Jy sal verfis voel. Vlg Parker het enige detoxproses newe-effekte, want gifstowwe verlaat die liggaam. 'n Mens kan swak of selfs naar voel. Vlg haar is dit heeltemal normaal. Hierdie detoxproses kan 2-3 maal per week herhaal word.

Daar is hope boererate en tuinwenke wat Engelse sout bevat en ek het gewonder of daar navorsing gedoen is en op die volgende afgekom. Dr. Sarah Nuttall en Dr Waring van die Universiteit van Birmingham in Engeland se mediese skool en biowetenskappe het Engelse sout op die proef gestel. Hul verslag lui: ' Om in Engelse sout te bad is 'n veilige en maklike manier om sulfaat- en magnesium-vlakke in die liggaam te verhoog.' Geen persoon wat by dié studie betrokke was het newe-effekte ervaar nie. Almal se niere is ook fyn dopgehou en die bevinding is dat: 'nierskade nie 'n kwessie is nie.' Twee deelnemers het ook bevestig dat hul pyn weens rumatiek heeltemal weg is! Dit kan goeie nuus vir baie mense beteken en dalk is dit die moeite werd om te probeer! Volgens dr. Amile in die boek : 'The Doctor's Book of Home Remedies', help Engelse sout om koolstof deur die vel uit te skei. Koolstof is een van die liggaam se afvalstowwe. Daarom 'n verligting in die rumatiek simptome!

Hoe veilig is die gebruik van Engelse sout dan vir die mens?

- Dit verlaag bloeddruk. So as jy bloeddruk probleme het, raadpleeg eerder net eers jou dokter.
- Dit is veilig om in Engelse sout te bad of as 'n enema te gebruik vlg Sue Parker. Passop vir diaree en naarheid as jy dit as 'n lakseermiddel gebruik. Dit kan tot ontwatering lei.
- Soos met enige produk kan allergiese reaksies bv. veluitslag voorkom.

Engelse sout is vrylik beskikbaar en boonop goedkoop. Miskien is dit tyd vir 'n heerlike bad met Engelse sout...

Volgende keer lig ek van die talle wenke en gebruike van die wondermiddel uit.

Aandag!!!!!!!

Promosiedag
15 en 16 September 2014 - Carmé Velsorgkliniek

Bel my gerus as jy soms hande in die hare sit en nie weet watter produkte jou kapsel gaan red nie!! (jy gaan die produkte op jou hare kan voel en sien hoe dit werk) Onderlae en grimeer-aanbevelings kan ook gedoen word. Maak gou, anders mis jy dalk uit!!

Kliënte word per afspraak hanteer.

Anlie Smith, Sel 082 934 35 29 of 051 673 2717

Ware Woorde in Tehuis-gange

Die kosbare bloed van Jesus is nou permanent gespreek oor elke liewe siel wat in Huis Vergesig woon – elkeen uniek, soos ons inwoners self.

Die personeel en beheerliggaam van Huis Vergesig probeer werklik 'n tuiste skep waarbinne ons ouer Zastronners in trots en blydskap en tevredenheid hul laaste pylvlak kan deurbring. En dit beteken dit moet MOOI ook wees, nie net skoon en funksioneel nie, en ons vorder heeltmal goed.

Maar toe kom Ciska van Ware Woorde en haar gees-geïnspireerde woorde ook oor die pad – of eintlik gange – van ons huis. En sy seën elke inwoner se deur met 'n naambord en vers-skilderytjie, asook 'n plekmatjie vir elkeen met 'n teks en skets op.

Behalwe dat elkeen so spesiaal gekoester voel elke keer as hy of sy die kamerdeur oopstoot, word ons ook met elke maaltyd herinner aan God se genade en ontferming.

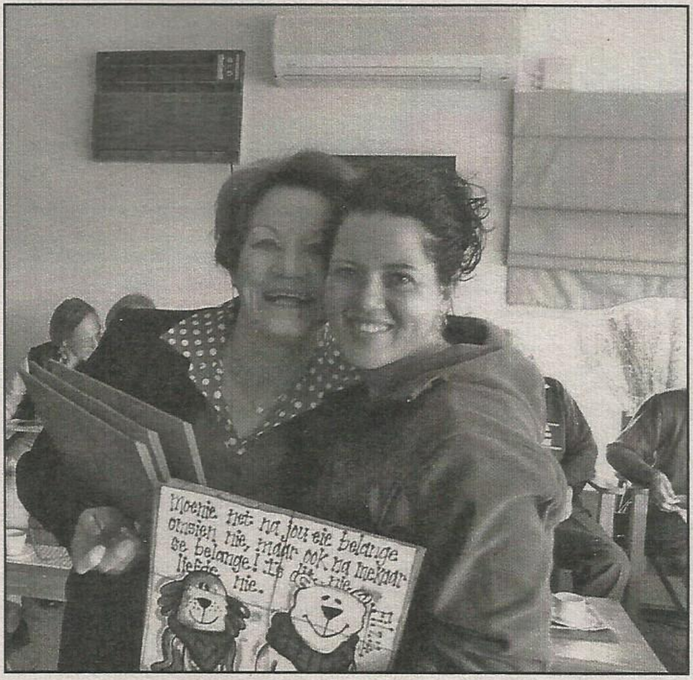
Kom loer gerus in en kyk hoe Ciska en die Heilige Gees deur die gange van ons tehuis waai en kleef – wat 'n seëning!

Ons is dankbaar – bly vir elkeen wat bereid is om ons hande te vat en te versterk – juis daar waar ons te kort skiet of waar JOU talent perfek is om te dien.

Mag die Here elke oop hand menigvuldiglik bederf.

Huis Vergesig-groete

~ Ansie Marais



MARCO HEYMANS
FINANSIELEBEPLANNERS
Marco Heymans - AFP
(Associate Financial Planner)
Geregistreerde FSB Naam - Marco Christo Heymans t/a Gariep Makelaars

NUUSFLITS / NEWS FLASH

Is u bekommerd oor die gaping tussen dokters tariewe en mediesefonds tariewe.
Kontak my vir "GAP cover".

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Zastron Hoërskool
atletiekjare 1951 – 1960

Dit was 'n regte wintersoggend toe die trein Zastronstasie laat Julie 1951 instoom. Dit het fyn gesneeu. Ek was slegs een dag by my ouers se huis in Irene. Intussen, toe ek oorsee was, het my pa voorsitter van die S.A.U.K se Raad geword en verhuis na Pretoria. My ouerhuis waarin ek vanaf die ouderdom van ses maande tot met my vertrek na Cambridge gewoon het, is verkoop en daar woon vreemde mense in. Die verlange oorsee kan soms oorweldigend word. Hoe het ek nie uitgesien om weer in ons huis in Parkweg 85 in te stap nie, maar dit was my nie beskore nie.

Zastron is 'n skilderagtige dorpie geleë onder Aasvoëlberg. Die skool is gebou op 'n plato wat uitkyk op die dorp asook op die Malutiberge. In die winter is dit 'n skilderagtige gesig met die berge onder 'n laag sneeu. Ek was dadelik aangetrokke tot die plek en het my voorgeneem dat ek alles in my vermoë gaan doen om die skool "op die kaart te plaas".

Ek het besef dat sportprestasies die skool die gouste prestige sal gee. Rugby is baie moeilik, want dit is 'n spansport waar die gemiddelde grootte seun 'n beslissende faktor is. Ek het dit op Eunice op atletiekgebied reggekry, waarom nie op Zastron nie? Daar is egter 'n reuse verskil tussen Eunice en Zastron Hoërskool. Eunice het ongeveer vierhonderd meisies in die Hoërskool, waar Zastron slegs honder en dertig leerlinge, seuns en meisies, op hul rol gehad het. Dit is 'n byna onbegonne taak om met so 'n klein beperkte skool die groot skole aan te pak. Ek het egter daarvoor kans gesien!

Ek het reeds genoem dat die prinsipaal my die liggaamsopvoeding van die seuns gegee het. Dit was 'n uitstekende skuif wat my atletiek betref. Ek het in elke L.O. periode begin om die verskillende veldnommeritems vir die seuns aan te leer. Wat die gewigstoot betref, het ek 'n paar gewigte vir die seuns by die koshuis gegee om in die middae mee te stoot.

Die atletiekbaan van die dorp en die skool was onder by die stasie by die landbouterrein, 'n redelike ver afstand vanaf die skool; ek sou sê ongeveer twee kilometer.

Om belangstelling in langafstande by die seuns aan te wakker, het ek 'n veldloop ingestel wat oor 'n moeilike terrein gestrek het. Dit begin by die skool en gaan oor 'n taamlike hoë koppie, om die dorpsdam en dan deur die park in die kloof en eindig by die skool.

Om die prestasies van die skool in die koerant te kry, het ek aan Die Volksblad, die Vrystaat se grootste koerant, geskrywe en aangebied om hulle korrespodent te word. Die redaksie het my aangestel en aangesien fotografie my stokperdjie was, kon ek die koerant ook voorsien van foto's. Ek dink skole besef nie die waarde van publisiteit nie. Alle groot sake-ondernemings het 'n skakelpersoon wat die skakelwerk doen. Ek het op Zastron geleer wat skakelwerk werd is vir 'n skool en later jare toe ek prinsipaal van Sasolburg Hoër was, het ek die skool se jaarblad ingespan om ons skool te adverteer. Teen my aftrede, in 1991, het ons jaarblad die grootste oplaag van enige skooljaarblad in die land gehad, nl. sesduisend vyfhonderd.

My eerste stap met die atlete was om 'n netjiese atletiekdrag te ontwerp. Ek het wit gekies met 'n dertig millimeter breë donkerblou omboorsel by die frokkie en by die onderpunt van die broek en 'n baie groot donkerblou Z voorop die frokkie. My tweede stap was sweetpakke vir almal en goeie spykerskoene. 'n Atleet van my skool moet nie minderwaardig voel as hy by die provinsiale kampioenskappe kom nie.

Ek het met geesdrif ingespring met afrigting, reeds in Augustusmaand. Vir daardie jare was dit ongehoord. 'n Paar gewillige onderwysers is bygebring. Ons eie skoolsport in Februarie 1952 het getoon dat die standaard geweldig verbeter het, want 'n magdom rekords is geslaan. Vol afwagting is ons toe na Bloemfontein, met ons eerste atletiekspan in die geskiedenis van Zastron wat in byna elke item deelneem. Ons verwagtinge is na die twee dae se byeenkoms totaal oortref, in so verre dat ons twee seunspankompetisies wen en in 'n derde een tweede eindig. Dit het nog nooit met Zastron gebeur nie! Die Engelse koerant "The Friend" se opskrif was: "Zastron the most improved school at O.F.S. meeting".

Met groot vreugde is die atlete, ouers en ondersteuners per motor terug na Zastron, sowat tweehonderd kilometer vanaf Bloemfontein. Daar was groot opgewondenheid in die dorp.

Om ons sukses te vier op skouspelagtige wyse, besluit ek om 'n vreugdevuur bo-op Aasvoëlberg te hou, wel die Vrydagaand, vyf dae na ons terugkeer. Ek nader die munisipaliteit en hulle gee toestemming. Ek gaan by al die garages langs en kollekteer ou motorbande, tot o.a. 'n trekkerband. Uiteindelik het ek nagenoeg 'n honderd bande. Om die vuur nog verder aan te jaag kollekteer ek tweehonderd liter ou motorolie en leë blikke. Van my kollegas was doemprofete en het gewaarsku dat van die brandende motorbande van die krans kan afval en dan steek dit die gras en bosse aan die brand. Ek het gelukkig al vroeg in my lewe geleer om nie my ore uit te leen aan doemprofete nie.

Die vrydagmiddag na skool het ek al wat seun was, van die primêre skool tot matriek, by die koshuis bymekaar gemaak. Party dra elk 'n blik olie en ander – so twee tot drie saam – rol aan 'n band, veral die trekkerband. Aasvoëlkop is goed vyfhonderd meter bokant die dorp: ek weet Zastron, in die ou taal, was 5600 vt bo seespieël en Aasvoëlkop 7200 vt. Dit is dus 'n stywe klim. Dit was 'n string van goed honderd en vyftig seuns wat die berg toe aandurf. 'n Hele paar bande het in die slag gebly met die bestyging van die berg. Die bande is gerol en dan gebeur dit dat dit uit die hande gly en daar trek dit die berg af! Dit was amper skemer toe my ekspedisie die top van die berg bereik en bo-op die kranse is. Party van die seuns was pootuit en dood van die dors. Ons pak toe die bande in 'n kring en gooi in elke band 'n halwe blik olie.

Om die vuur aan die brand te kry het ek 'n vyf-liter blik petrol ook saamgeneem. Dit was die derde week in Maart. Toe dit goed donker was, gooi ek die petrol op die band en steek dit aan die brand. Wat 'n gesig! Die bande brand met 'n donkerrooi kleur en brand lank. Die seuns en die hele dorp was geweldig beïndruk met die vreugdevuur, wat ons sukses in Bloemfontein baie duidelik uitgespel het. Die vuur wat tot in Smithfield, sowat honderd kilometer soos die kraai vlieg, sigbaar, ook in die naaste buurdorpe Rouxville en Wepener. Vandag nog, na veertig jaar, is daar draad van die bande en die swart merke op die rots te sien en praat die mense in Zastron nog van dié vuur.

Ek was baie in my skik met my eerste sukses. Die skool is nou gemotiveer en het oornag aansien in die Vrystaat verkry. My volgende stap tot motivering was om 'n atletiektoer na die Boland te organiseer. My suster was woonagtig in Worcester distrik en ek het dikwels daar gaan kuier. Worcester is 'n pragtige Bolandse dorp en wat is beter as om 'n atletiekbotsing met hulle te reël? Ek skrywe aan die prinsipaal en hulle nooi ons om in September 1952 teen 'n onder vyftien en onder negentien span op Worcester deel te neem. Om dit vir al die seuns finansieel moontlik te maak, het ek 'n tiekie-aand (vandag sal mens dit seker 'n 50c-aand noem) gereël. Treinkaartjies en ekskursies was in daardie dae baie goedkoop en voordelig. My seuns was opgewonde oor die eerste toer van die skool en seker een van die eerste atletiektoere in die land.

Met die plan om 'n filmargief vir die skool op te bou, het ek die personeel by 'n personeelvergadering gevra dat die skool 'n goeie sestien millimeter film kamera aankoop. Dit is toegestaan. Die seuns wat op toer sou gaan, moes elkeen 'n donkerblou sportbaadjie aanskaf wat by 'n grys sportbroek gedra sou word. Ek het ook dadelik by die personeel toestemming verkry om ere-kleure in te stel. 'n Kunstenaar het vir my 'n pragtige wapen ontwerp, wat ek in die Kaap laat maak het. Die atlete wat die vorige jaar in Bloemfontein presteer het, het toe ere- kleure ontvang. Hierdie toekennings het geweldige prestige aan die atletiek besorg.

Groot was die opgewondenheid toe ons span die aand op die stasie opdaag, uitgevat in hulle sprotdrag, met 'n groot getal ouers daar om ons af te sien.

Die seuns was baie opgewonde, maar ons het nie geweet wat vir ons wag om teen so 'n groot seunsskool deel te neem nie. Ons is gul ontvang deur Worcester se seuns. Die hoof het aan die twee spanne 'n middagete aangebied, waarby die hoof, mnr. Engelbrecht, 'n toespraak gemaak het en gesê het dit is die eerste historiese besoek van 'n atletiekspan uit die binneland.

Ek was baie senuagtig toe ons die middag op Bolandpark kom vir die atletiekkragmeting. Ons het om vier en twintig items gekompeteer. Na die eerste paar items was dit vir my gou duidelik dat ons hulle voor is. Ons wen die byeenkoms met negentien teen vyf eerste plekke. Ons hele span was baie in hulle skik. Ek was baie trots op my seuns.

By ons terugkeer is ons soos helde ontvang op Zastron. By 'n geskikte geleentheid is die eerste film behoorlik, met titels wat ek self gemaak het, aan 'n volgepakte saal vertoon. Zastron Hoërskool was besig om vir hom naam te maak en daar was 'n dinamiese gees in die skool.

Ek was nou ingeburger in Zastron en besield om 'n sukses te maak van die atletiek asook ander aspekte van die skoollewe. As oudleerling van Grey het ek aanbiedinge ontvang om terug te gaan na my ou skool. Grey met sy ongeveer aghonderd seuns was nie vir my 'n uitdaging nie, ek sou maar net een van baie wees. Zastron met sy skrale vyf en sestig seuns in die Hoërskool was wel 'n uitdaging. Ek het een ideaal gehad en dit was om of die onder sewentien of die onder negentien seunstrofeë by die provinsiale kampioenskappe te verower. Die prestigetrofeë is soortgelyk aan die Administrateursbeker in rugby vir 'n Transvaalse skool. Ek wil noem dat die Vrystaatse skole-atletiek in die jare vyftig seker die beste in die land was. Vrystaat het vir jare die Stephaantrofee vir seuns onder sewentien op die S.A. Junior-kampioenskappe verower en net so dikwels die Nic Weidemantrofee vir meisies onder agtien.

In 1953 by die atletiekkampioenskappe op Bloemfontein was Zastron reeds 'n groot faktor en wen ons weer 'n trofee vir junior seuns en is redelik hoog op in die senior seuns. In Februarie 1954 onderneem ek 'n seunstoer na Afrikaans Hoër Seunsskool in Pretoria. Die bekende skool het toe ongeveer negehonderd seuns en hier kom die klein skooltjie uit die Suid-Vrystaat en vra om 'n atletiekbotsing. Die byeenkoms vind plaas op die Universiteit Pretoria se atletiekbaan op 'n Saterdagoggend. Dit sou slegs wees 'n onder vyftien en onder sewentien seunspan, in al die items. Ek het oor twee baasnaellopers, een by onder vyftien en een by onder sewentien beskik. Die byeenkoms skop die oggend af, eers met die honderd meter seuns onder vyftien en daarna die honderd meter seuns onder sewentien. Ons wen albei die items baie gemaklik. My atleet, Johan Venter, stel by die seuns onder sewentien 'n nuwe Noord-Transvaalse rekord op! Dieselfde atleet was toe nog onder sestien en het later in die jaar by die S.A. Junior kampioenskappe tweede geëindig in die honderd meter seuns onder sewentien. Die botsing eindig gelykop met beide skole wat nege items wen. Ons was verheug dat Dawid Goliat kon aanpak en ons so goed uit die stryd kon kom. Toe ons Maandagoggend vroeg op die stasie op Zastron aankom, was die ouers asook die burgermeester, mnr. Kestell Saayman, daar om ons te ontvang.

1955 was poliojaar en alle atletiek is afgestel. Dit was vir my 'n groot teleurstelling omdat my kampioennaelloper, Johan Venter, juis daardie jaar onder sewentien was en ook in matriek.

Gedurende 1956 se kampioenskappe het my atlete pragtig presteer. Die jong atlete van 1952 was nou in die hoërskool en alles het belowend gelyk. Ek het gehoop om die onder sewentien-trofee te neem, maar die probleem met 'n klein skool is dat daar nie genoeg atlete is vir diepte nie. In elk geval kon ek sien aan ons kwaliteit dat ons elke jaar verbeter.

Lees in volgende uitgawe deel 2 van Zastron Hoërskool se atletiekjare 1951 – 1960.

PICTURESQUE TOWN has the highest peak

The town of Zastron, just off the N6, north east of Rouxville, which lies in some of the most picturesque countryside in the south eastern Free State close to the border of Lesotho, takes the stage in this issue of OVK News

Dominated by beautiful mountains Zastron lies at the foot of Aasvoëlberg (vulture mountain), named such because it is home to the only Cape Vulture colony in the Free State. Zastron is also where you can see the Eye of Zastron, a nine metre wide hole that gapes in a sandstone ridge overlooking the town. At 2 207 m it is the highest peak in the province.

The origin of the eye, according to Reynier de Winnaar, a famous story teller, was that one day he was out hunting below the cliffs with his ancient rifle, when he met the devil. Mistaking his weapon for a pipe, the devil asked for a draw. De Winnaar loaded an extra powder charge and obligingly put the muzzle in the devil's mouth, lit the fuse and blew the devil's head right through the mountain.

Zastron is the commercial centre for cattle, sheep, maize, wheat and dairy farming, but it is also a great place to stay if you're after a little exploration, which is possibly why it's one of the more popular towns in this part of the Free State.

The town is on the Highland Route, which follows the Lesotho border along the foothills of the Maluti Mountains and ends at Zastron. The caves around there are riddled with fine examples of San rock paintings of which one is the Hippopotamus Cave with amazing drawings, particularly of hippos. On Glen Rosa Farm there is a 5 metre high San frieze dominating a cave on the farm – one of the most important historical artworks in the world.

The Champagne Walking Trail, located near Zastron in the Free State, comprises of a series of day routes, which are really easy to complete.The trails can take one or two days to walk, and an old farmhouse can be used as a base camp for hikers. All the routes offer stunning views of the Maluti and Witteberge mountains, with a distance of approximately 10 km each.

Zastron used to be the home of many Bushmen who lived in the surrounding sandstone caves. Their legacy lives on in their rock paintings. Even after the Bushmen left, the fertile land belonged to no-one and was inhabited by countless antelope.

Jan Hendrik de Winnaar, a farmer from Aliwal North, set up camp in the Smithfield area and hunted north-east across the Trans Gariep, stumbling upon the Zastron area. He moved his family and home to the foot of Aasvoëlberg (vulture mountain) in 1838 and was joined by his brother, Reynier Petrus.

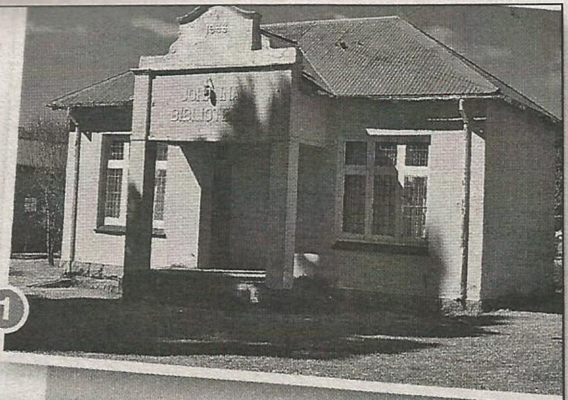
In 1840 the renowned Kwena chief, Moshweshwe, paid them a visit. He and the De Winnaars got along well and Moshweshwe decided to "grant" the brothers the land in exchange for a favour.

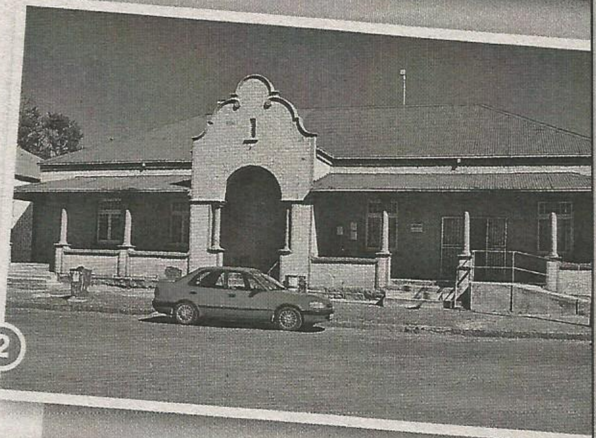
Moshweshwe loved yellow peaches and requested that they plant many yellow peach trees on their fertile land, giving him an annual tribute in the form of fresh, dried, preserved and brandied fruit.

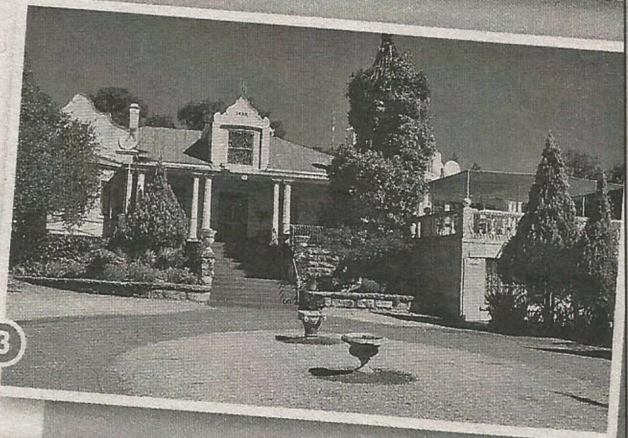
The De Winnaars shared his love for yellow peaches and happily obliged with his request, planting trees wherever they went, always making sure that they carried a handful of pips in their pockets when taking a walk or a drive with their wagon.

The Caledon River valley found itself in political ferment and the De Winnaars was forced to leave. After their return, feuds between rivel Sotho tribes, Bushmen, white frontiermen, renegades, bandits and settlers ruled the day. In 1855 the cattle rustling, raids and killings drove the De Winnaars from the area once again. Sir George Grey finally came to Smithfield and held a meeting at which a treaty was drawn up to control the area.

The Orange Free State declared war against the Sotho people in 1858 and invaded the Caledon River valley from both the north and the south. Upon reaching Moshweshwe's stronghold in Thaba Bosiu, they soon realised that they were fighting a losing battle and, to their dismay, were forced to retreat.







PHOTOS:

Left: *Aasvoëlberg (vulture mountain), which is famous for it's "eye", a hole in a rocky crag.*

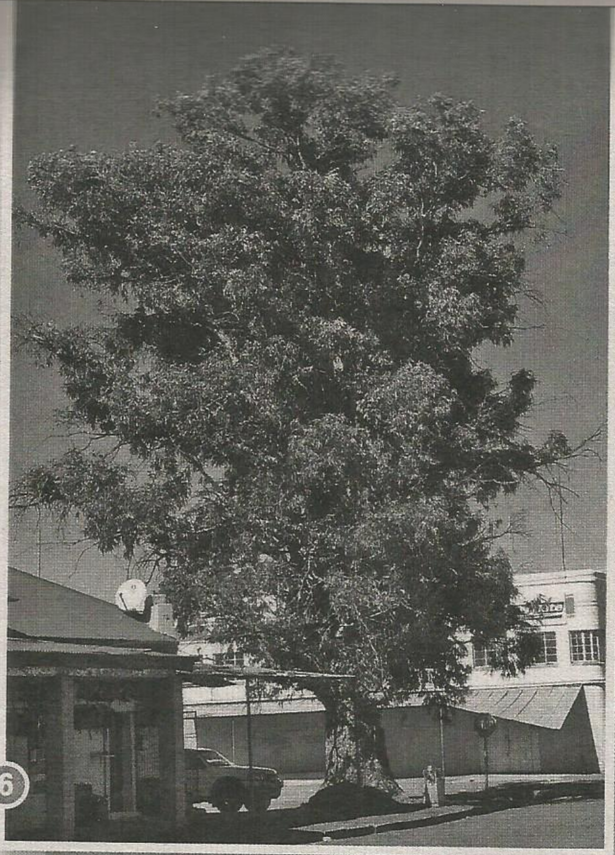
1. *The Johanna library was the first library in town. The building was donated by Johanna Swanepoel to Zastron in 1933.*

2. *The old Central Hotel, which is used by the municipality as offices.*

3. *Highlands Guest house is one of the imposing guest houses in Zastron.*

4. *The modern building of the Van Tonder family who made enormous investments in Zastron.*

5. *The city hall was 100 years old in December 2012. The building had a steeple, but it was taken down when the building was modernised to be used as offices for the municipality.*



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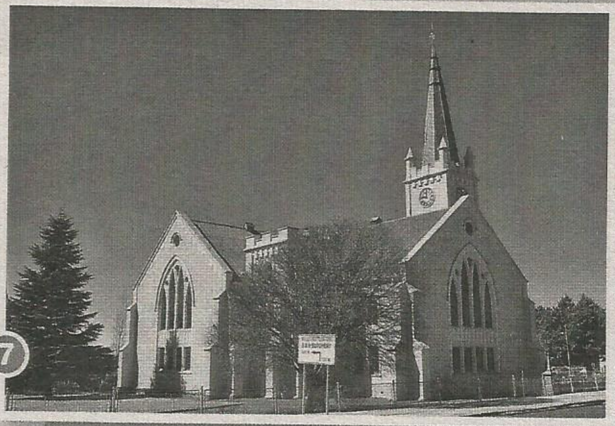

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After three years of chaos the British stepped in and the land was declared a British protectorate, complete with a new frontier line.

In 1869 Jan Hendrik and Reynier got part of their land back in a general agreement, although it was only "a measly 3 530 ha" of the original grant. Jan named it "Verliesfontein" (fountain of loss) and farmed the land with prosperous yields until his death on 3 June 1874 at age 77.

The need for a town in the area became urgent, since the nearest school, business and church was situated at Rouxville, over 30 km away. Verliesfontein was the chosen site for a town and Zastron became a reality in 1876, named in honour of President Brand's wife, Johanna Sibella Zastrouw, who was born in Poland.

Reynier was renowned for his highly embroidered stories and he was always backed by his ever faithful side-kick, a Bushman known as Vosmerrie. When Reynier's stories became far-fetched and the listeners were starting to doubt its truth, Vosmerrie would make himself heard by simply adding "Dis reg, baas." (that's true, master). It is said that when Pres. Brand visited Zastron, Reynier was to join them for dinner and delight everyone with his tales around the camp fire.

On 3 Dec 1883, aged 102 (although his true birth date is disputed), Reynier fell ill and passed away peacefully after three days in bed.

In 16 March 1882 Zastron became a municipality and became the warm town on the Lesotho border we know today. The inhabitants of nearby Rouxville had so vigorously opposed the founding of Zastron that the Free State Volksraad (Boer parliament) waited six years to recognize the town.

PHOTOS:

6. *Reynier de Winnaar's side-kick Vosmerrie planted this tree for his master to sit under when telling his stories.*

7. *The Dutch Reformed Church (DRC) was built in 1913 without its steeple, which was added in 1914.*

8. *Die Volle Evangelie Kerk is in the building that previously was the Olympic Theatre.*

9. *One of the colourful shops.*

10. *The windows of the lounge in the Commercial Hotel can still be seen in the Maluti Hotel.*

11. *The orginal title-deed of the farm Verliesfontein where Zastron was established.*

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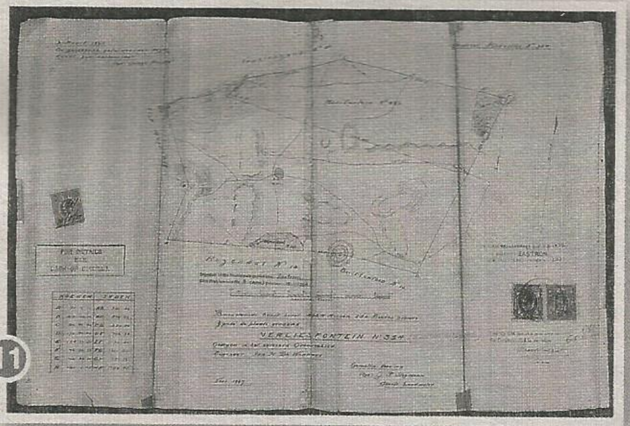
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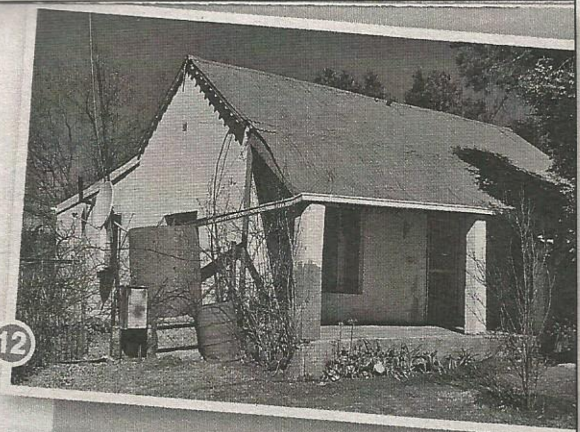
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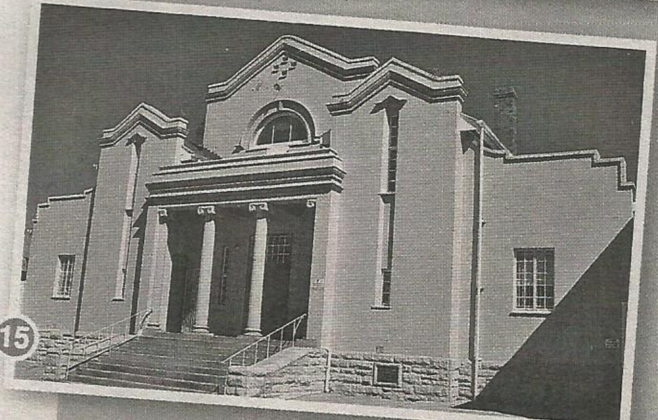
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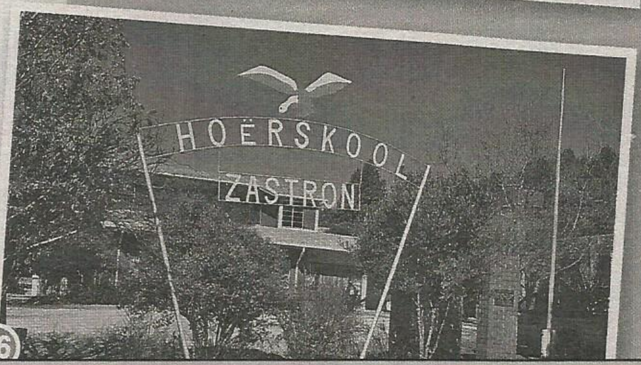

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12. This house, typical is Free State architecture, was built in 1873. It still is fairly original with the typical veranda.

13. The grave of the Zastron story teller Reynier de Winnaar next to the grave of his brother Jan Hendrik, who was the owner of the farm Verliesfontein on which Zastron was founded.

14. The Maluti Hotel which once was the Commercial Hotel.

15. The Dutch Reformed Church's hall was the first building of the DRC in Zastron. It burnt to the ground, but was rebuilt in 1929.

16. Pupils from neighbouring towns study at the Zastron High School.

Hoërskool Zastron

LAERSKOOL RUGBY

0/12-Rugby

Baie geluk aan Casper-Jan Steenkamp wat vir die 0/12-Vrystaatspan gekies is. Hy het die afgelope vakansie in Vryheid aan 'n toernooi deelgeneem van die 24ste tot die 27ste Junie.

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.

Die Vrystaat Platteland span waarvan die vier kinders lid was het die afgelope vakansie in Frankfort vanaf die 26ste tot die 28ste Junie deelgeneem en hulle goed van hulle taak gekwyt.

HOËRSKOOL RUGBY

0/16-Rugby

Baie geluk aan die volgende spelers wat vir die Suid-Vrystaatspanne gekies is: Wessel Goosen, I W Pretorius, Jomar Dippenaar, M J Smith en D J du Plessis. Hulle het die afgelope vakansie van die 29ste Junie tot die 2de Julie aan die VKB week te Reitz deelgeneem.

0/19-Rugby

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

Stephan Nel, Tsepo Kente, Molefe Kente, Ruan Goosen, R P 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.

Die seuns het van die 30 Junie tot die 4 Julie aan die VKB week te Reitz deelgeneem. Baie geluk aan Van Zyl Cronjé, R P Bekker en Khotso Potsane wat tydens hierdie week vir die SA 7's Plattelandspan gekies is wat later vanjaar na Mauritius gaan toer.

Baie geluk ook aan Ruhan Goosen en Stephan Nel wat tydens die week in die SA – Plattelandspan opgeneem is wat later vanjaar na Engeland gaan toer.

HOKKIE

0/13-Hokkie:

Baie geluk aan Mischa van den Berg wat ingesluit is in die 0/13 Suid-Vrystaat-hokkiespan. Dit is 'n baie mooi prestasie!! Sy het die afgelope vakansie van 5 – 9 Julie aan die SAS Hokkietoernooi te Bloemfontein deelgeneem en dit baie geniet.

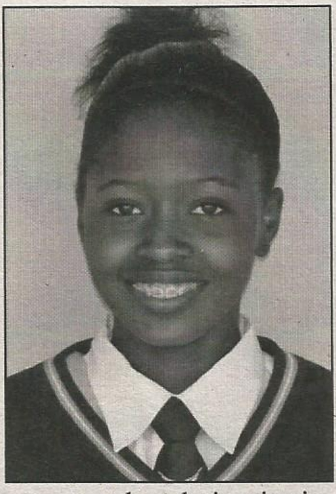
NETBAL

Hennenman toernooi 2014

Vanaf 16 – 19 Julie het die 0/18-netbaltoernooi te Hennenman plaasgevind. Nam Mbele het Hoërskool Zastron in die Xhariepspan verteenwoordig. Die span het wonderlike netbal gespeel en het dan ook as oorwinnaars van dié toernooi geseëvier. Baie geluk ook aan Nam wat in 2 wedstryde, waarvan een die finale wedstryd was, as speler van die wedstryd aangewys is. Baie geluk!

"Man cannot discover new oceans unless he has the courage to lose sight of the shore."
~Andre Gide

Sa "all ages" toernooi te Margate 2014



Bohlokwa Leballo het vanaf 29 Junie – 4 Julie 2014 aan die SA netbal-toernooi te Margate deelgeneem. Sy was deel van die Vrystaat Cheetah 0/15-span. Daar is elke dag 2 – 3 wedstryde gespeel. Die wedstryde was werklik spannend en baie vinnig. Kompetisie was baie sterk. Die Cheetah 0/15-span het in die uitspeelrondtes in die 12de posisie uit 29 spanne geëindig.

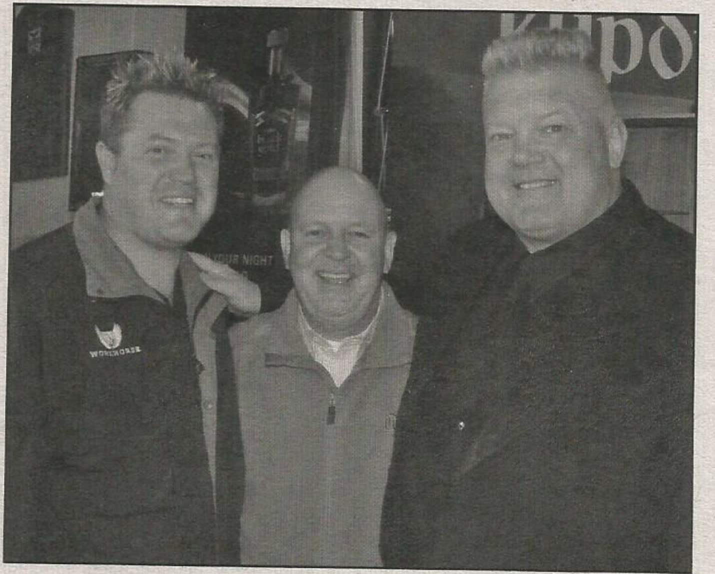
Baie geluk aan Bohlokwa met die uitsonderlike prestasie!

PRESTIGE SPORTAAND

Op Donderdagaand 26 Junie 2014 het Hoërskool Zastron 'n prestige sportaand in die skoolsaal gehou. Borge van oraloor het die aand 'n reuse sukses gemaak. Verskillende pryse is gewen en op sekere items is gebie. Pieter Moller was die seriemonie-meester en Zak Steyn het opgetree. Kobus Wiese was die gasspreker.

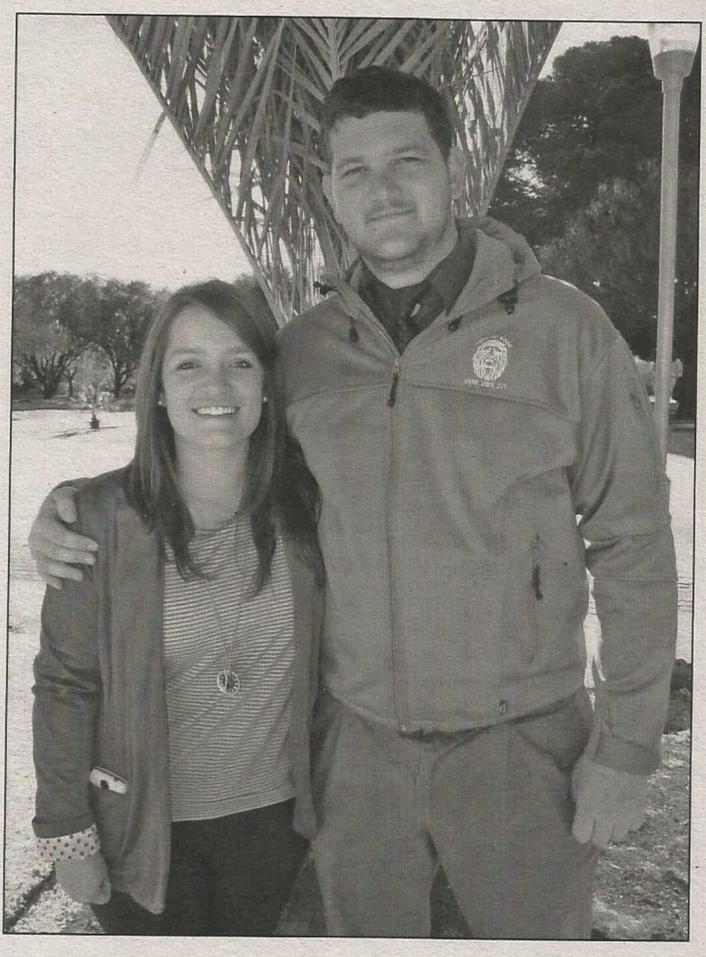
Hiermee 'n opregte woord van dank aan mev. Sunet Wessels en mnr. Johan Smit wat aan die hoof van al die reëlings gestaan het. Dit was 'n skitter-aand! Op die aand is Professor Hennie Snyman as oud-skolier van Hoërskool Zastron vereer vir uitmuntende prestasie na skool en mnr D Venter, die skoolhoof, het 'n skild namens die skool aan hom oorhandig.

Baie dankie vir elke borg, donateur en persoon wat 'n bydrae tot die aand se sukses gelewer het.



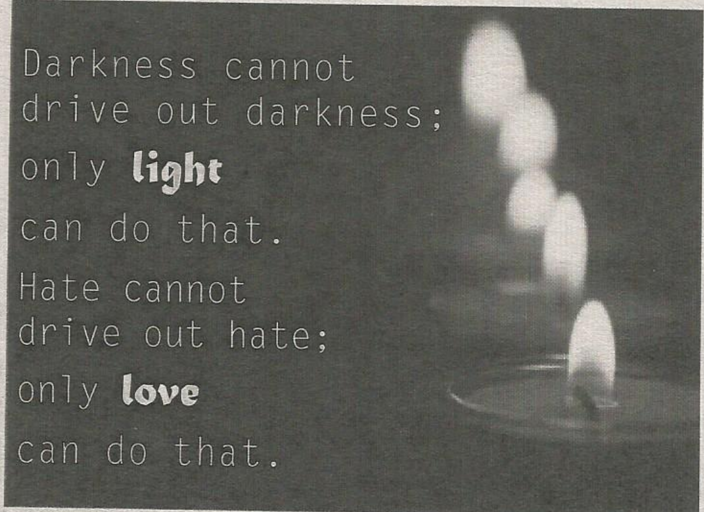
Personeel

Die volgende personeel van Hoërskool Zastron het op sportgebied baie goed presteer. Christene Keyser is gekies vir die OP Tennis span as nommer 1 speelster en neem op 16 en 17 Augustus deel aan 'n toernooi op Oudshoorn waar hulle teen WP, KZN en Boland sal speel.



Hagie Hoffman is gekies vir die Suid-Vrystaat Platteland span wat aan die Sub-unie toernooi vanaf 1 tot 5 September te Kimberley gaan deelneem.

Baie geluk ons is trots op julle!



The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.
2. If it does not look like it's breathing, give it mouth to mouth.

Tennis

Die eerste gekeurde Christene Keyser het Saterdag, die 2de Augustus 2014, seker gemaak dat Zastron bo eindig in die VS Tennis toernooi in Bloemfontein.

Die finalis in 2012 het die derde gekeurde Veruska van Wyk met 6-4, 6-2 om die vroue-enkelspeltitel geklop.

Diè skooljuffrou in die skeppende kunste en Engels in Zastron, sê sy was in die eerste stel dalk effe avontuurlistig waarna dit beter in die tweede gegaan het.

Christene het Saterdag in haar kwarteindstryd vir Aletta Macheli, met 6-2, 6-0 geklop. Keyser het in die halfeindstryd vir Nelise Verster met 6-0, 1-6, 7-5 gewen.

Christene het saam met Cecile Murray ook die dubbelspel-titel gewen. Hulle het die tweede gekeurde Estelle Maree en Michelle van Niekerk met 6-4, 7-5 geklop. Baie geluk Christene, Hoërskool Zastron is trots op jou!

‘IT’S NOT HOW GOOD YOU ARE, IT’S HOW GOOD YOU WANT TO BE’

PAUL ARDEN

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

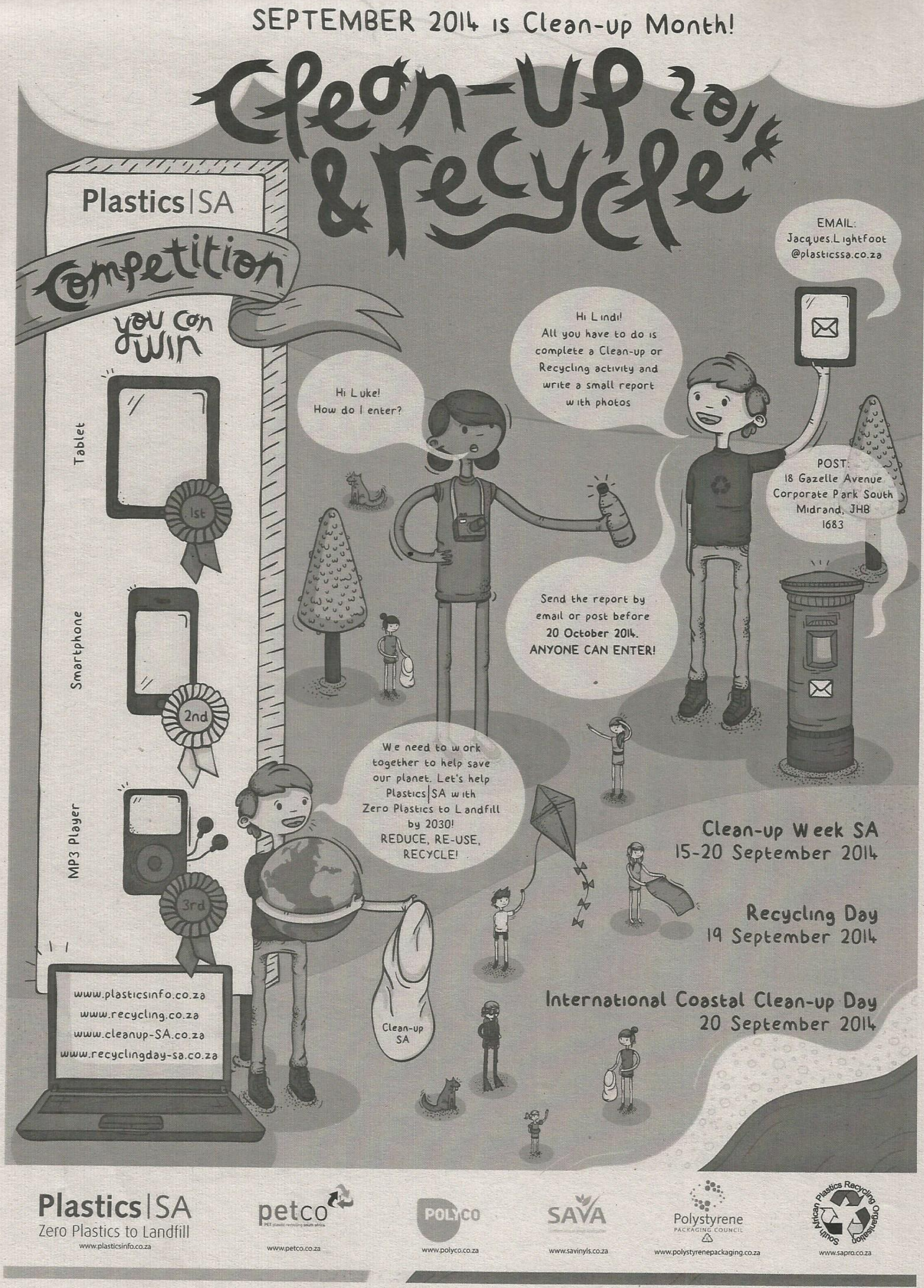
We also offer private and/or open functions and/or parties for birthdays, engagements, anniversaries, etc., for which we have a large “barn” available. Babysitting for these events may be arranged.

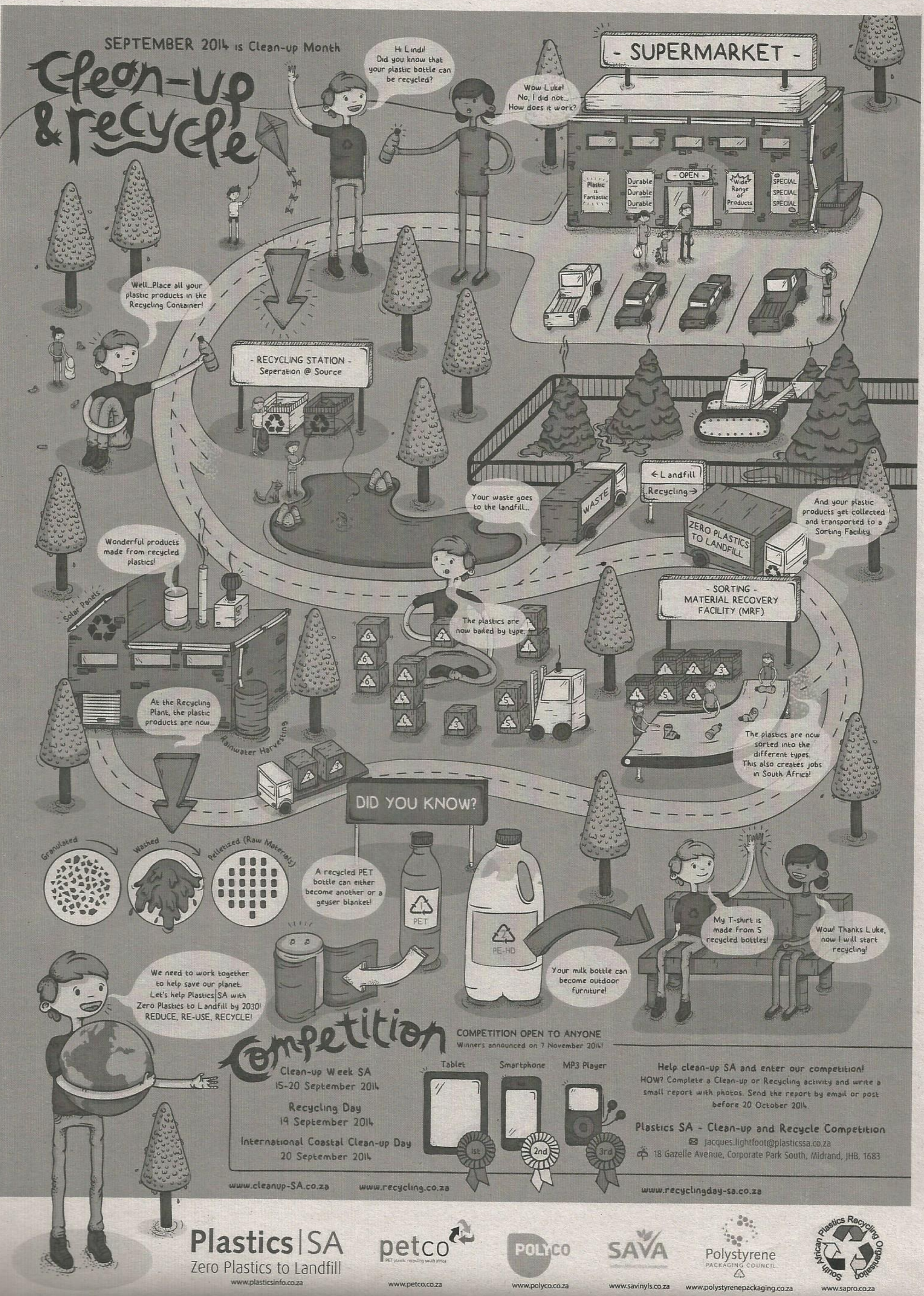
Come and visit “die Put” and experience a piece of Zastron history with the “olie put” over which the bar was built.

Contact: Sakkie 082 773 6241 or Loraine 082 950 6378

NeLL’s
RESTAURANT

34 Hoofd Street, Zastron
Tel: 078 944 7354


SEPTEMBER 2014 is Clean-up Month!
Clean-up 2014 & Recycle
Plastics|SA
Competition
you can win
Tablet
1st
Smartphone
2nd
MP3 Player
3rd
www.plasticsinfo.co.za
www.recycling.co.za
www.cleanup-SA.co.za
www.recyclingday-sa.co.za
Hi Luke! How do I enter?
Hi Lindi! All you have to do is complete a Clean-up or Recycling activity and write a small report with photos
EMAIL: Jacques.Lightfoot @plasticssa.co.za
POST: 18 Gazelle Avenue Corporate Park South Midrand, JHB 1683
Send the report by email or post before 20 October 2014. ANYONE CAN ENTER!
We need to work together to help save our planet. Let's help Plastics|SA with Zero Plastics to Landfill by 2030! REDUCE, RE-USE, RECYCLE!
Clean-up SA
Clean-up Week SA 15-20 September 2014
Recycling Day 19 September 2014
International Coastal Clean-up Day 20 September 2014
Plastics|SA Zero Plastics to Landfill
www.plasticsinfo.co.za
petco
www.petco.co.za
POLYCO
www.polyco.co.za
SAVA
www.savinyls.co.za
Polystyrene PACKAGING COUNCIL
www.polystyrenepackaging.co.za
South African Plastics Recycling Organisation
www.sapro.co.za


SEPTEMBER 2014 is Clean-up Month
Clean-up & recycle
Hi Lindi! Did you know that your plastic bottle can be recycled?
Wow Luke! No, I did not... How does it work?
- SUPERMARKET -
Plastic is Fantastic
Durable Durable Durable
- OPEN -
Wide Range of Products
SPECIAL SPECIAL SPECIAL
Well...Place all your plastic products in the Recycling Container!
- RECYCLING STATION - Seperation @ Source
← Landfill
Recycling →
WASTE
Your waste goes to the landfill...
ZERO PLASTICS TO LANDFILL
And your plastic products get collected and transported to a Sorting Facility.
Wonderful products made from recycled plastics!
Solar Panels
- SORTING - MATERIAL RECOVERY FACILITY (MRF)
The plastics are now bailed by type.
At the Recycling Plant, the plastic products are now...
Rainwater Harvesting
The plastics are now sorted into the different types. This also creates jobs in South Africa!
DID YOU KNOW?
Granulated
Washed
Pelletized (Raw Materials)
A recycled PET bottle can either become another or a geyser blanket!
PET
PE-HD
My T-shirt is made from 5 recycled bottles!
Wow! Thanks Luke, now I will start recycling!
Your milk bottle can become outdoor furniture!
We need to work together to help save our planet. Let's help Plastics|SA with Zero Plastics to Landfill by 2030! REDUCE, RE-USE, RECYCLE!
Competition
COMPETITION OPEN TO ANYONE
Winners announced on 7 November 2014!
Clean-up Week SA
15-20 September 2014
Recycling Day
19 September 2014
International Coastal Clean-up Day
20 September 2014
Tablet
Smartphone
MP3 Player
1st
2nd
3rd
Help clean-up SA and enter our competition!
HOW? Complete a Clean-up or Recycling activity and write a small report with photos. Send the report by email or post before 20 October 2014.
Plastics SA - Clean-up and Recycle Competition
jacques.lightfoot@plasticssa.co.za
18 Gazelle Avenue, Corporate Park South, Midrand, JHB, 1683
www.cleanup-SA.co.za
www.recycling.co.za
www.recyclingday-sa.co.za
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www.sapro.co.za

MOMENTS

by Roland Stafford

Having completed rehearsals and a full dress rehearsal at the Nico Malan Theatre in Cape Town, the sets were packed into pantechnicons and the large cast got onto a bus. The play was Richard III by William Shakespeare. Four hours long and a thorough bore!

But going on tour with a play was always great fun. We all left in high spirits! We were going to the brand new Monument Theatre to open the first Grahamstown Arts Festival. Our first stop for the night was the Holiday Inn at the Wilderness.

Half way there the bus stopped, having landed in a ditch. It was going to take hours for a breakdown truck to pull it back onto the road.

Being a lovely sunny winter's day everybody was dressed in shorts and T-shirts. Philip Godowa, sitting next to me said: "Let's hitch!" Eagerly we got off and started to hold up our thumbs to passing cars. We carried on walking. It was such a lovely day. Then night fell on us and so did the temperature. It became freezing cold, but no car would stop. We both got into a ditch and huddled together. The night was pitch black.

"The next car to come I'm going to stand in the middle of the road and it can run me down if it doesn't stop!" Which I did.

A bakkie, leaning heavily to the left, came to a stop in front of me and Philip scrambled out of the ditch. An enormously large man lent over to open the passenger door and let off an enormous blast. When the door opened the heat and the smell from the cab hitting the icy air made us take a step back. Philip pushed me in first so I had to sit next to the man on the bench seat. "Aangename kennis. My naam is Piet. Hoe gaan dit?" And he switched on the radio. He sang to the music as the bakkie lurched forward. "My Sarie Marais is so ver van my af, ek hoop om haar weer te sien. Daar onder in die mielies by die groen doringboom, daar woon my Sarie Marais. O bring my terug na die ou Transvaal! Daar waar my Sarie woon….." Letting off blasts non-stop.

"Open the window" I whispered. "No, It's too cold." The bakkie finally stopped and we got out. Piet went to the back, which was full of trays of oysters. "Totsiens, jong seuns. Wag 'n bietjie, hier is 'n kissie oesters!" And he handed us a tray full of oysters! What a feast the whole cast of Richard III had that night.

Zastron Guesthouses / B&B

Bed & Breakfast
Thirty Six ON BOOM
Address: 36 Boom street, Zastron Cell: 073 223 9714
Email: 36boombb@gmail.com Website: www.36onboom.co.za

Vultures Lodge
AA Superior Graded

Tielman Roos Ave. Petrus Struwig
Cell: 076 227 3913 – Fax: 086 658 4046
Email: vultureslodge@webmail.co.za - GPS coordinates: S30.17'836 E27.04'224

Mountain View

Chris & Elzabe – Cell: 082 446 9108, Phone: 051 673 1040
Email: info@mountainviewzastron.co.za
GPS coordinates: S30.17'840 E4'445

Bly & Gly

Sakkie Potgieter: 082 773 6241, Loraine Gates: 082 950 6371
52 Reichenberg Street, Zastron (Self Catering)
Website: www.zastron@olx.co.za

Tienfontein

Roodeplaat Chalets

Lynne Steyn: 082 3900 533
Andre Steyn: 082 7877 850
GPS coordinates: S30.20'800 E27.08'727

Highlands

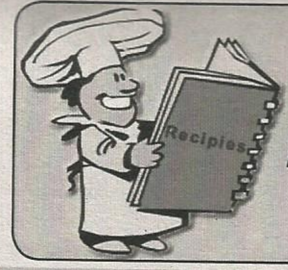
Sarieta Casten, Phone/Fax: 051 673 1557
31 Meyer Street, Zastron.
Email: highlands.zastron@gmail.com
Website: www.highlandszastron.co.za

Onthaal Venue:

Onder die Akker

Troues / Verjaardae / Familie Kuiers
Jannie & Hanri Goosen Cell: 082 568 0822 / 079 515 7638
Tel: 051 421 6598
Email: onderdieakker@ntelecom.co.za

Recipes



Resepte

Lente is hier!

Uiteindelik is dit September, en soos julle almal weet is dit die 24ste September Nasionale Braaidag. Hier is 'n paar resepte wat heerlik gaan saam met braaivleis. Geniet!

~ *Mirna Barnard*

COTTAGE CHEESE "Braaibroodjie"

Bread of your choice
Butter or margerien
Cottage cheese, crumbs
Tomato
Gerkins thinly sliced
Basil (optional)
Mrs Balls Chutney
Thinly sliced Onions – the purple onions work well

Layer :
Butter the slices bread and add:
Cottage cheese
Tomato
Onions
Mrs H. S. Ball's Chutney
Basil
Onions
Tomato
Cottage Cheese
Gerkins

Cover with buttered bread and
Braai until golden brown and make sure the onions and tomato are cooked through.

Laughter is brightest where food is best.
~ Irish Proverb

Food tastes better when you eat it with your family.

www.copilotmom.com

Doopsous vir ALLES!

Danksy Annelize Riesenbeek, het ek die volgende resep gekry van 'n doopsous. Ek belowe jou, as jy dit eers geproe het, sal jy nooit weer 'n ander doodpsous maak nie. Is baie lekker vir 'chips', pasteitjies, kaasworsies. Eintlik vir enige 'snack' wat bedien word terwyl jy wag vir die kole om te braai.

1 blik kondensmelk

1 ui gerasper

250 g fyn gerasperde cheddar kaas

Mayonnaise (Die selfde hoeveelheid as kondensmelk. Vat sommer die leë blikkie kondensmelk om die regte hoeveelheid af te meet)

Mens alles saam…….en voila!!

Jy kan die resep aanpas na smaak. Indien jy meer van die suur smaak van die Mayo hou, gooi dan net bietjie meer by….en anders om vir soet.

Heerlike Tamatie slaai

Sny 'n klompie tamaties op en gooi in slaaibak.

Meng die volgende en gooi oor slaai:

1 ui baie fyn gekap

1 kop suiker

1 kop wit asyn

1 kop All Gold Tamatiesous

100 ml olie

Wenk: Hoe langer die slaai staan, hoe lekkerder word dit. Wat nog 'n bonus is, indien die slaai nie opgeeët word nie, kan die oorskiet slaai in die yskas gebere word, of selfs gevries word. So kan jy dit die volgende dag in 'n potjie op die stoof kook, en dit maak heerlike sous vir pap saam jou braaivleis.

I won't be impressed with technology until I can download food.

Vieringe

Sny uie in ringe en gebruik die groot buitenste ringe.

Maak deeg met 1 kop bruismeel, 1 eier en 'n ½ bier. Kyk maar na jou degie. Gooi nog meel of bier in as of te dik of te slap is.

Dan gooi ek enige spesery in bv BBQ of Texas chillie of braaispeserye – dit wat jy in jou kas het.

Verhit olie en doop elke ring APART in deeg en braai in olie tot goudbruin.

Moenie te veel ringe insit op 'n slag nie anders smelt dit teen mekaar vas in die olie.

Bedien dadelik.

Platgedrukte aartappels met parmesaankaas-gremolata

Genoeg vir 4 – 6

- 700 g baba-aartappels
- 125 ml olyfolie
- sout en varsgemaalde swartpeper

Gremolata

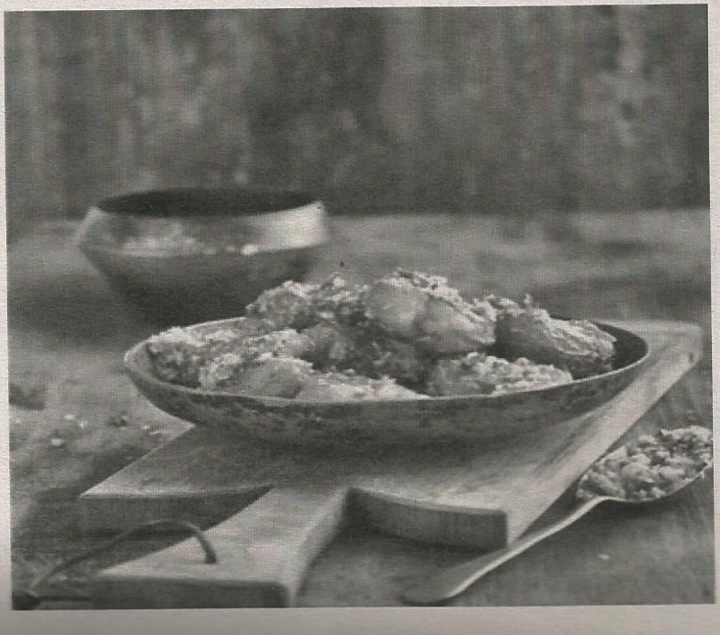
- hand vol vars pietersielie
- 3 knoffelhuisies, fyngekap
- fyngerasperde skil van 2 suurlemoene
- 100 g parmesaankaas, fyngerasper

Verhit oond tot 200 °C. Plaas aartappels in 'n kastrol en bedek met water. Maak kastrol toe met deksel en plaas op stoofplaat. Bring tot kookpunt en kook aartappels tot net sag.

Gooi helfte van olie op 'n bakplaat. Plaas aartappels bo-op en druk effens plat met 'n aartappeldrukker. Gooi res van olyfolie oor aartappels en geur met sout en peper. Oondbraai sowat 1 uur in warm oond tot goudbruin en bros. Kap pietersielie fyn en meng met knoffel,

suurlemoenskil en parmesaankaas. Haal aartappels uit oond en dreineer op kombuispapier. Meng onmiddellik met gremolata.

Sit warm voor



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.

E	R	N	M	J	E	D	R	A	T	S	U	C	P	C
G	S	A	S	A	U	S	A	G	E	S	P	U	O	S
N	T	S	G	A	R	S	E	S	E	E	H	C	R	C
A	O	E	A	U	L	M	M	N	F	M	O	B	R	A
R	R	K	D	E	S	T	A	U	O	A	A	I	I	K
O	R	A	A	P	P	L	E	L	L	C	S	J	D	E
E	A	L	E	Y	O	G	A	S	A	P	A	D	G	S
N	C	F	R	E	E	C	U	A	S	D	C	B	E	S
I	E	N	B	N	L	I	R	E	P	P	E	P	K	E
R	C	R	C	O	F	F	E	E	Y	L	L	E	J	O
A	U	O	A	H	M	B	E	G	A	B	B	A	C	T
G	T	C	H	B	E	S	T	I	U	C	S	I	B	A
R	T	R	E	A	C	L	E	S	N	O	I	N	O	T
A	E	G	N	I	D	D	U	P	E	C	I	R	G	O
M	L	S	A	E	T	A	N	I	L	O	M	E	S	P

- ☐ APPLE
- ☐ BACON
- ☐ BEANS
- ☐ BISCUITS
- ☐ BREAD
- ☐ CABBAGE
- ☐ CORN FLAKES
- ☐ CRISPS
- ☐ CUSTARD
- ☐ HONEY
- ☐ JAM
- ☐ JELLY
- ☐ PEAS
- ☐ PEPPER
- ☐ PLUMS
- ☐ PORRIDGE
- ☐ POTATOES
- ☐ RICE PUDDING
- ☐ CAKES
- ☐ CARROTS
- ☐ CHEESE
- ☐ COCOA
- ☐ COFFEE
- ☐ LETTUCE
- ☐ MARGARINE
- ☐ MARMALADE
- ☐ ONIONS
- ☐ ORANGE
- ☐ SAGO
- ☐ SALT
- ☐ SAUCE
- ☐ SAUSAGE
- ☐ TEA

NOOD Nommers

Moet hierdie nommers asb. onder geen omstandighede misbruik nie!

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

KENNISGEWING AAN KREDITEURE EN DEBITEURE IN BESTORWE BOEDELS

In die **BOEDEL WYLE MAGDALENA MARGARETHA BARNARD**

Boedelnommer: 12513/2013
Meesterskantoor: Bloemfontein
Geboortedatum: 12 April 1945
Identiteitsnommer: 450412 0058 08 3
Datum van Dood: 15 November 2013
Laaste Adres: Meyerstraat 27, Zastron

Krediteure en debiteure in bostaande boedel word hiermee versoek om hulle vorderings in te lewer en hulle skulde te betaal by ondergemelde adres binne 'n tydperk van dertig (30) dae gereken vanaf datum van publikasie hiervan.

PHILIPPUS LODEWIKUS BARNARD
Joachimstraat 24, Posbus 16
ZASTRON, 9950
Tel. 082 454 0345

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. Connoway 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: Sondae 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.