

**Die hond wat  
Engels kon praat**

**CLARENS: The Small  
Town that has it all**

**There isn't one specific  
look, body or story**

**HEPHZIBAH,  
'n stukkie hemel  
op aarde**

**What the  
birds know**

**En as die kraan  
toegedraai word?**

**TAMING THE BRIDEZILLA:  
Gift Ideas for the Down-hearted**

**VAN POT TOT TAFEL: Kom braai saam met ons**



# Moedertaal

deur JLM Vermeulen

Baie tale kan daar wees  
Baie kan rondspeel met idees  
Daar is net een wat ek kan wees  
Afrikaans in hart en siel en gees

My mond kan Engels, Duits of Frans  
Maar as ek lag, is dit in Afrikaans  
My mond kan Zoeloe, Sotho of Shangaans  
Maar my trane loop in Afrikaans

My taal aan moedersknie geleer  
In Afrikaans aan my dikteer  
My eerste raas en slae gekry  
In Afrikaans my situlak ingewy

Afrikaans met sy veelsydigheid  
Sy bedrywigheid en nimmereindigheid  
Platuloers lekker lag of kultureel hoog geag  
Afrikaans leef elke dag

Foto: Piet van Staden, Paarlberg Botaniese Tuin

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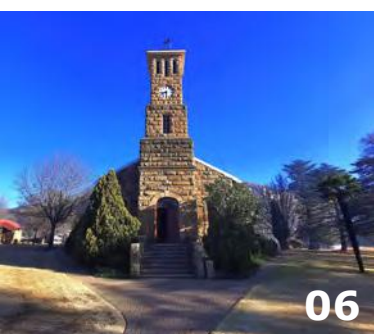
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# REDAKSIONEEL

Dr Piet van Staden

## Is alles politiek?

Thomas Mann (1875-1955) was 'n vermaarde Duitse outeur, Nobelpryswenner, filantroop en politieke kommentator. Toe Hitler aan bewind kom het hy gevlug na Switserland en later Amerika. Hy sou 'n belangrike verteenwoordiger word van die sogenaamde uitgewekene-literatuur teen Hitler en die Naziïsme in Duitsland.

'n Bekende aanhaling van Mann lui: *Alles is politiek*. Daarmee impliseer hy dat die dinamika van mag, invloed en belange alle fasette van die lewe beïnvloed, selfs die wat op die oog af privaat, individueel en apolities is. Hy betreur die feit dat die na-oorlogse geallieerde nasies 'n kollektiewe skuld op Duitsland geplaas het vanweë die vergrype van die Nazi-maghebbers, en dat individuele geregtigheid, dit wil sê die skuld of onskuld van die enkeling, geen oorweging geniet in so 'n sisteem nie.

Die vraag is nou:  
Is Mann reg as hy beweer alles is politiek?

Terwyl die openbare en private terreine verseker op 'n intieme manier met mekaar vervleg is en mense dubbel sensitief moet wees oor wat hulle waar kwytraak, is daar keuses en ruimtes waar die magspel vervang word met 'n strewe na heilsame, opbouwende medemenslikheid. Hiervan is die bydraes in Lalasini na my mening 'n sprekende voorbeeld waarmee ons elke twee maande 'n volle tydskrif kan saamstel.

Ons gevolgtrekking?

Alles mag polities gelade wees,  
maar politiek is nie alles nie!

*Geniet ons lente-uitgawe.*

# EDITORIAL

## Is everything politics?

Thomas Mann (1875-1955) was an important German author, Nobel Prize winner, philanthropist and political commentator. When Hitler came to power he fled to Switzerland and later to America. He became an important exponent of the so-called exile literature written against Hitler and the Naziism in Germany.

A well-known quote by Mann is: *Everything is politics*. By that he intimates that the dynamics of power, influence and interests permeate all spheres of life, even those that appear private, individual or apolitical. He laments the fact that the postwar allied nations placed a collective blame on Germany for the atrocities of the Nazi authorities and that individual justice, i.e., the guilt or innocence of the individual, merits very little consideration in such a system.

The question is:  
Is Mann correct in asserting that everything is politics?

While the public and private spheres may be intimately intertwined and people must be doubly sensitive about what is said where, there are choices and spaces where the political power game is substituted by wholesome, constructive openness and caring towards one another. Of this the contributions in Lalasini seem to me a prime example, from which we can assemble a complete magazine every two months.

Our conclusion?

Everything may be politically loaded,  
but politics is not everything!

*Enjoy our spring edition.*

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Lalasini is a **FREE TO READ**, proudly South African multilingual online publication that promotes the flow of KNOWLEDGE, CULTURE & INNOVATION through a combination of interesting articles and columns for the whole family.

## WHAT DO WE STRIVE FOR?

Assembling a good quality magazine with creative topics and articles.

Lalasini was published quarterly in the first year and is now published every two months.

## MULTIMEDIA

Lalasini has fully integrated multimedia links that include audio clips, videos, internet, email and social media.

## COLLABORATORS

We pride ourselves on having an extensive group of experienced collaborators to keep the content interesting and fresh.

## PARTICIPATION

Readers are invited to participate interactively in competitions, as well as to use the magazine as a platform for publishing selected articles.

## STATISTICS

- Lalasini surpasses 2.5 million hits on the website for 19 editions combined.
- 1 204 Gigabyte total data traffic.
- It is first on the top 5 internet search engines such as Google and Microsoft Bing.
- The magazine is already being read worldwide in 79 countries.

## Users by age group



## Distribution:

79 countries, ranked in descending order

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3. Netherlands
4. Ireland
5. Finland
6. Namibia
7. United Kingdom
8. France
9. Austria
10. Sweden
11. Australia
12. Canada
13. Indonesia
14. New Zealand
15. Germany
16. India
17. No Tracking
18. China
19. Switzerland
20. United Arab Emirates
21. Israel
22. Zimbabwe
23. Belgium
24. Mauritius
25. Nigeria
26. Japan
27. Spain
28. Portugal
29. Zambia
30. Botswana
31. Poland
32. Taiwan
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53. Angola
54. Bahrain
55. Cambodia
56. Croatia
57. Hungary
58. Lesotho
59. Malta
60. Norway
61. Romania
62. Russia
63. Senegal
64. Chile
65. Czechia
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74. Mali
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76. Papua New Guinea
77. Rwanda
78. Reunion
79. Seychelles

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# CLARENS: The Small Town that has it all

FROM  
THE CORNER  
OF MY EYE  
by Lize Bester

Situated in the Eastern Free State, cradled in the foothills of the Maluti Mountains, Clarens is one of the most treasured small towns in South Africa.

KLIEK HIER  
vir artikel in Afrikaans

Affectionately nicknamed the "Jewel of the Free State" it is popular with history buffs, art lovers, adventure-seekers, spendthrifts, fossil hunters, and gastronomes.

Clarens is an ideal base for visitors wanting to explore Lesotho, also known as "The Mountain Kingdom." The *Caledonspoort* border post, connecting South Africa and Lesotho, is only 42 km from Clarens (approximately 40 minutes driving – provided you don't stop too often along the way to take photographs, which is a given). Clarens is a popular escape for people from Johannesburg, Bloemfontein, Durban, and elsewhere, thanks to its location, peaceful atmosphere, breathtaking scenic views, and mild climate. It is situated 336 km from Johannesburg, 284 km from Bloemfontein, and 389 km from Durban. The *Golden Gate Highlands National Park*, with its magnificent sandstone formations and cliffs, is 17 km from Clarens.

It's a town that beckons with its blend of natural splendour and rich history. This charming enclave is more than just a scenic retreat for city dwellers – it's a vibrant tapestry of culture, history, and nature. The town was established in 1912 and bears a historical connection to the Swiss town of Clarens, where the exiled Paul Kruger, a key figure in South African history, spent his final days.

It is a place for all seasons. Enjoy typical Free State afternoon thundershowers in summer and see it transformed into a snowy wonderland in winter. In autumn, the trees and different types of grasses form a mosaic of yellow, red, and copper tints. Clarens is located along the Highlands Route and is surrounded by mountains. The Rooiberge mountain range virtually surrounds the village, with the vast Maluti mountains situated further to the southeast, displaying various tinges of blue and purple. The area contains magnificent sandstone cliffs distinguished by horizontal layers, a typical feature of the region. Many

residences in Clarens Valley are constructed from, or clad in, sandstone.

Are you a creative soul? Does the great outdoors fuel your artistic spirit? Then you must visit this charming town and discover why we call it an artist's hideaway. Clarens is recognised as a hub for artists, with several renowned individuals either residing in or regularly visiting the village. Numerous art galleries are situated throughout the village square and across the town. Upon arrival, it becomes apparent why these surroundings have served as a source of inspiration for many individuals involved in creative work. It is blessed with the kind of views that artists paint and photographers capture in endless images. It has inspired some of the country's best landscape artists to depict this sublime natural scenery in their artwork. A true artist's heaven.

A visit to Clarens is incomplete without exploring the breathtaking mountain kingdom of Lesotho. Stunning views and an absolute mind-boggling engineering accomplishment await you in this neighbouring country. The border post is only a short drive from Clarens. You enter the *Kingdom* through endless winding roads around the mountains, crossing and passing countless frozen rivers and waterfalls. You will eventually reach the entrance to *Afriski Mountain Resort*, which is a world-class ski village in the heart of Southern Africa.

Continued on page 7

Photos: Lize Bester







Photos: Lize Bester

Thanks to the modern snow-making facilities and ski-lifts on the *Afriski* slopes in Lesotho, you no longer need to head overseas to enjoy snow-covered slopes. This world-class resort, boasting 3km of slopes, is about 10km from Oxbow via the Mahlasela Pass (3 222m), one of Southern Africa's highest road passes. But winter is just half the story at *Afriski*! Head for "Africa's Alps" for a holiday unlike any other. Consider planning your visit during the summer months to enjoy a memorable outdoor experience. Your days can be spent exploring the network of mountain trails on foot, on a mountain bike, or even in your 4x4. The panoramic vistas are punctuated with magnificent scenery and beautiful wildflowers. *Afriski's* outdoor guides are always on hand to lend advice on the most picturesque hiking or biking trails. Activities include hiking, ziplining, fly-fishing, paintball, quad tours, mountain biking, enduro biking, monster rolling, and abseiling. These activities are offered from September to May. Swap your beach boogie boards and bum shorts for warm hats, gloves, thermal underwear, skis, and snowboards in winter, and in summer for fishing rods and durable footwear. Head for the highlands of Lesotho for snow-filled or adrenaline-filled days you will never forget.

#### Please note:

Visitors must have their passports & unabridged birth certificates (when traveling with children) as well as vehicle documentation available to cross the border.

Situated less than 20 kilometres east of Clarens and adjacent to Lesotho, the *Golden Gate Highlands National Park* is renowned for its distinctive landscape and remarkable natural beauty. The park derives its name from the brilliant golden aura created when the sun reflects off the enormous sandstone cliffs, particularly the imposing *Brandwag* rock. Wildlife lovers flock to this park to see mammals like wildebeests, blesboks, duikers, elands, springboks, as well as sixty species of grass, and a myriad of birds. Like other South African parks, *Golden Gate Highlands* offers incredible flora with numerous wildflowers and unique plant species. The *Golden Gate Highlands National Park* will leave you dazed with inspiration, with its endless horizons and layered views of the surrounding mountains, overlooking the vast beauty that is South Africa. The park is widely recognised for its impressive landscape and esteemed for its exceptional natural beauty. It is a photographer's dream. These fascinating mountains formed from compacted sand dunes 190 to 196 million years ago when the area was a desert. You should also visit the vulture hide on the Oribi Loop for a chance to see the endangered bearded vulture (lammergeier) and other vultures. Step out of your car and take it all in.

The Park features a variety of moderate to challenging hiking trails, including the one-hour Mushroom Rock Walk near Glen Reenen Rest Camp, as well as the Holkrans and Brandwag Buttress Walks near the Brandwag rocks. For more advanced hikers, there is also a four- to five-hour trail ascending to Wodehouse Peak at 2,440 meters. You don't need to book for

any of these, but it's always a good idea to tell someone where you're going.

Clarens itself offers a variety of walking and hiking trails within and around the town. These trails range from easy, short strolls to more challenging hikes, catering to different fitness levels and preferences. You will find easy 700m walks to moderate 3,4 km hikes within the Clarens Nature Reserve. The Clarens Village Conservancy provides a peaceful escape among indigenous wildlife. The town offers a wide range of activities for visitors, including white-water rafting on the Ash River, exploring the scenic Golden Gate National Park on foot or in your car, as well as hot air ballooning and ziplining across verdant valleys. For those seeking more relaxed pursuits, the town features a vibrant art scene, a variety of boutique and craft shops, and an 18-hole golf course. Visitors can be assured of ample opportunities (for all ages, sizes, and personalities) for recreation and enjoyment in this welcoming destination. This town's cultural heart beats in its art galleries, such as the Blou Donki Gallery and the Addy & Hoyle Art Gallery, showcasing the local artistic talents. Clementines Restaurant & Bar, Sugar and Cinnamon Restaurant, Post House Restaurant, and Artist Cafe offer diverse dining experiences to everyone's gastronomic contentment. Each corner of Clarens reveals a story, a piece of art, or a natural wonder, making it a uniquely captivating destination in South Africa.

From castles to gypsy wagons and everything in-between, if you're looking for a place to stay, Clarens is your one-stop shop for all things authentic Clarens. This much-loved gem has much to offer the discerning traveller. A wide range of accommodation options is available, including guest houses, self-catering establishments, lodges, and bed and breakfasts, ensuring visitors have ample choices to suit their preferences. *Castle in Clarens*, situated in the scenic Maluti Mountains, offers a distinct self-catering accommodation experience. The property features Rapunzel's Tower and Aladdin's Palace, each designed to evoke classical architectural themes and offer guests an immersive stay. *Castle in Clarens* provides guests with exceptional comfort and service, incorporating luxurious touches and meticulous attention to detail from the moment of arrival. On the other hand, *Gypsy Wagons* located within walking distance from mid-town Clarens, offers truly unique accommodations and the ultimate glamping experience. Each of these handcrafted gypsy wagons, named Rosella, Esmeralda, Queenie, and Thisbe, showcases her unique personality, colour scheme, and finishing touches. These unique gypsy wagons are nestled beneath massive oak trees, offering guests the opportunity to experience traditional gypsy accommodations while remaining conveniently close to home. No need to travel to other countries for the experience of a lifetime. Incredible peace and tranquillity in the heart of the arty village of Clarens.

**Remember ... the joy lies in the journey, the magic dwells in the destination.**

Lize Bester loves exploration, photography and words. She is never without her camera on her lap or in her hand. Her philosophy is that one does not really notice anything if one does not discover it through a camera lens. The stories come naturally. Every town, hiking trail or road that is discovered has its own story that seeks expression. She discovers everything that is 'weird and wonderful' that is not always noticed by others, and captures it in photos and stories.





# Die hond wat Engels kon praat

deur Bertie Cloete

So gebeur dit toe dat oom Jan, 'n vername boer van die Colesberg-distrik, se enigste seun, Floris, BSc Landbou aan die Universiteit van Stellenbosch gaan studeer. Pa Jan is omtrent trots op die seun van hom wat verder gaan studeer, want weinig boere van die distrik laat hul seuns verder studeer. Hulle laat die seuns sommer direk inval op die plaas, maar nie oom Jan nie. Nee, hy het gereken dat sy seun darem met 'n geleerdheid moet kom boer.

So gebeur dit toe dat Floris homself heel inburger daar aan die universiteit en met sy studies begin. Dit neem egter nie lank vir Floris om uit te vind dat daar ook ander dinge op Stellenbosch is, wat hy nie aldag op Colesberg te siene of te doene kry nie. 'n Paar voorbeelde: Tollies, Finleys en natuurlik, meisies! Die probleem is dat al die dinge geld kos en Floris se sakgeld nie al die lekker dinge kan deurstaan nie.

Maar, Floris beraam 'n plan. Na so drie maande se intense studies bel hy vir pa Jan en sê: "Pa, pa sal nou nie glo nie maar daar is nou 'n nuwe kursus hier by die universiteit waar hulle honde leer praat."

"Leer praat?"

"Ja, pa."

"Wraggies, nê! Kan jy nou glo?"

"Ja, pa. Ek het nou gedink dat as pa vir Wagter hier na my toe stuur, dan kan ek hom mos op die kursus vat, pa. Dink net, na dit als gaan Wagter lekker met ons kan praat."

"Kan jy glo, my kind? Waarmee die slim mense darem nie als mee vandag sal uitkom nie. Maar waar gaan die hond bly, my kind?"

"Nee, sommer hier by my in die kamer, pa. Dit is mos 'n nuwe ding en as jy 'n hond het wat die spraakklasse loop, kan die hond by jou in die kamer bly."

"Nee my kind, dan gaan Pa so maak. Pa sal sommer Maandag al vir Wagter op die trein sit daar na jou toe."

Dink net, dink oom Jan by homself, hoe spoggerig gaan ek nou in die distrik wees as ek met my eie hond loop en gesels.

"Daar is net een probleem, Pa."

"Wat is dit?"

"Die spraakkursus kos R3 000, Pa."

"Jong, dit is darem duur, seun."

"Ja Pa, maar onthou dit is nie sommer so nie. Dit is spraaklesse vir honde. Dit is baie moeilike en duur goed."

"Nou maar goed, seun. Dit kan darem ons boerdery baie bevoordeel as ons met Wagter kan praat. Pa pos die R3 000 en dan moet jy maar vir Wagter inskryf."

"Reg so, Pa. Pa sal sien hoe lekker gesels ons binnekort met Wagter."

En so stuur oom Jan vir Wagter met die trein af Stellenbosch toe en pos hy vir Floris die R3 000. Wagter is tuisgemaak daar by Floris in die kamer onder die tafel. Die R3 000 het handig te pas gekom oor die toonbank van Tollies en Finleys en om vir Franna en Anna te vry. Floris het behoorlik gedy en gewei en Wagter was maar geneë om onder die tafel te bly.

Maar R3 000 hou mos ook nou net so lank. So, dit was nie lank nie, toe is Floris se geldjies kort en Wagter begin ook honger ly. Floris moet toe weer 'n plan beraam. Hy bel toe weer sy Pa.

"Hallo Pa, dit is Floris hier."

"My kind. Hoe gaan dit? Hoe gaan dit met Wagter en die spraaklesse?"

"Nee Pa, baie goed. Wagter praat sommer al lekker."

"Hel, my kind. Kan Pa met hom praat?"

"Ai Pa, hy is juis nou in klas. Hulle is mos nou besig met die laaste toetse vir predikaat."

"Predikaat?"

"Ja, Pa, sodat hy sy finale eksamens kan aflê."

"O, ek sien."

"Maar dit is nie hoekom ek bel nie, Pa. Pa sal nie glo nie, maar hulle het nou 'n kursus uitgebring waar hulle vir Wagter kan leer Engels praat."

"Wat? Engels?"

"Ja, pa. Die kursus begin sommer direk na die Afrikaanse kursus en sal November klaar wees."

Kan jy nou glo, dink oom Jan by homself, Engels. Ek self kan skaars Engels praat. Dink nou net as Wagter hier op Colesberg loop en Engels praat. Kan jy nou glo?!

"En wat kos die kursus, my kind?"

Vervolg op bladsy 9



"Pa, dit is die probleem. Omdat die Engels-kursus soveel duurder is as die Afrikaanse kursus, kos die kursus R6 000."

"Wat? R6 000?"

"Ja, Pa, R6 000. Maar onthou, dit is Engels, pa. Ons kan altyd die hond op die skou gebruik om vir ons geld te maak deur met die mense Engels te praat."

"Ook weer waar, ja", sê oom Jan. "Nou goed, pa stuur die R6 000."

"Dankie, Pa. Pa sal nie spyt wees nie."

"Groete, seun, en sê groete vir Wagter ook."

En so stuur oom Jan die R6 000. Wagter het weer kos en Floris het weer sosiale geldjies – dubbeld soveel as laas. Hy kan nou behoorlik wei.

Maar, November breek aan en so kom alle goeie dinge ook tot 'n einde. Die jaar is om en Floris en Wagter moet met die trein terug plaas toe – Wagter wat mos nou behoorlik tweetalig is.

Floris het vir Wagter aan 'n Stellenbosse wynboer verkoop. Hy het tog gevra dat die oom mooi na die hond moet kyk en toe klim Floris met sy tasse en planne in die kop op die trein Colesberg toe.

Op Colesberg het pa Jan nou al die hele distrik voorberei op die koms van sy seun en die spraaksame Wagter. Baie mense drom sommer al vroegdag op die stasie saam. Die plaaslike VLV gebruik ook sommer die geleentheid om geld in te samel en bak pannekoek en verkoop koeksisters dat dit klap. Die skool se slagorkes staan ook gereed vir

wanneer die trein die stasie sou inbeur.

Nie lank nie, toe sien die mense, daar kom die stoomwolk aan. Daar is sommer so 'n opgewondenheid op die perron. Die trein kom tot stilstand en die mense begin uitklim. Pa Jan staan sommer gretig en heel breëbors nader.

Toe verskyn Floris en die slagorkes begin Sarie Marais te speel. Floris klim heel ingenome af met sy twee tasse. Maar oom Jan sien geen hond nie.

"Middag, seun. Maar waar is Wagter?"

Toe roep Floris vir pa Jan eenkant toe en fluister in sy oor: "Nee pa, pa sien met dié dat Wagter nou so kon praat, gesels ek en hy toe heeltyd op pad terug vanaf Stellenbosch."

"Ja?"

"Ja, Pa. Pa sal nie glo wat vertel die hond my als nie."

"Wat?"

"Nee pa, net hier duskant Beaufort, toe sê Wagter vir my dat Pa skelm by ou Lena slaap."

"Wat? Magtig, maar so 'n hond kan darem lieg!"

"Ja, ek het ook so gedink, Pa. Inteendeel, Pa, ek was so kwaad dat ek hom sommer toe by die venster uitsmyt."

"Goed so, my kind. Goed so. Dink net aan al die ander nonsens wat daai hond nog hier op die dorp kon staan en vertel het. Kom, dan eet ons lekker pannekoek. Ons kan môre weer begin om 'n hond vir die plaas te soek."

*My Sarie Marais*



## BERTIE CLOETE

Gebore in die Karoo en grootgeword op plaas in Wes-Kaap. Tans steeds woonagtig in Wes-Kaap. Was 30 jaar baie aktief in korporatiewe wêreld. Vandag lektor in finansies en rekeningkunde. Deeltydse skrywer. Het reeds 13 boeke gepubliseer. Eerste boek in 2009 en laaste boek 2024.



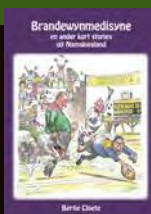
*Skryf is eintlik my groot passie.*



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# Taming the Bridezilla

## – Gift Ideas for the Down-hearted

By Camilla Swart

Summer is approaching  
and with it  
*Wedding Season!*

**W**edding-wise there are two main times in your life when anxiety is likely to grip you. Obviously, the day when you marry and the significance of your action is brought home to you, midst the joy and wonder that such an occasion merits.

The second is when you have just married and are invited to your peers' weddings or when the next generation to yourself is marrying and you require the appropriate gift.

Of course, it is extremely easy to opt for the cash deposit or handing over a full envelope of notes.

Currently the going amount for a cash gift is anything between R1000.00 to R4500.00, obviously dependent on your budget and how well you know the couple. Somehow this seems a trifle cold, and unless the couple have specified only financial gifts, it is often the most expensive way out.

It is challenging finding the 'perfect wedding gift,' and I think we should immediately dispel the idea that such a creature exists. Perfection for you might be not so perfect for the happy couple, so it is entirely useless to strive for it!

Wedding gifts can be jolly tricky, even if you aren't aiming for the perfect gift. I have recently been in this situation too often and thought it best to do a little research and speak to some knowledgeable people about the whole issue.

Find out if the bride and groom have established a gift registry – this could save you a great deal of trouble and thought. If they don't have one or you don't want to buy them anything on it, the next steps are logical.

Firstly, you need to know a few facts about the bride and groom. Armed with these the journey towards an acceptable gift becomes possible!

Do they have any stand-out hobbies, are they indoor or outdoor types, do they like entertaining or hosting gatherings? – you get the idea. This knowledge is achieved by some clever questions which would point you in a direction.

Don't overthink it – once you have your direction, set off in pursuit of a gift that fits into their lifestyle, colour scheme, or hobbies and interests.

This is where your budget for the gift becomes important – think high, medium, and low budget and shop appropriately where your purse directs. Do not be afraid of buying something less expensive if it is appropriate for the

*Continued on page 11*







couple. The thought and meaning behind the gift will be the most important consideration, and not what the cost of it was.

Home related gifts are always appropriate and useful, as well as being suitable for re-gifting. You need the most basic information to make an appropriate choice in this area – colour preferences or colour scheme.

Everyone needs a blanket or throw, towels, aprons and dishcloths, scented candles, and pretty serving ware. Stick to a neutral colour palette and classic design – unless you know the couple's preferences.

If you know their bed size, then luxurious bedding is an excellent option. Combining beautiful pillowcases with scented candles and soft towels is thoughtful and indulgent.

Décor items like vases, picture frames, mirrors, trays, throws, scatter pillow covers and candlesticks are always welcome. Do not expect to see these should you visit, as they are also excellent items to re-gift!

The customised gift needs a little more knowledge about

the bride and groom. This could be personalised by adding their initials or wedding date to crystal glasses, a salad bowl, plates, serving ware or a picture frame. In fact, just about any item can be personalised. However, it is important to know whether that would be viewed favourably by the wedding couple.

There is a growing tendency to gift 'an experience' as a wedding gift. This could be theatre tickets, a travel voucher, gardening/nursery vouchers, a weekend away-stay, spa vouchers for the couple, restaurant vouchers, cooking lessons, or any experience which would slot into their lifestyle and interests.

I would be happy receiving *any* of the above gifts – even if they were not very specific to my tastes or interests. Nowadays there is no stigma attached to re-gifting. Some couples are insisting on physical gifts being sourced from re-cycled items or pre-used items. Hopefully, this trend does not catch on too quickly!

Whatever you decide to give, remember that the best gift is something that reflects yourself and that you would like to receive.



*'We make a living by what we get, but we make a life by what we give'*

~ Mother Theresa ~





# VAN POT TOT TAFEL: Kom braai saam met ons

♪ Ons hou van Braaiuleis, Rugby, Sonneskyn en Chevrolet ...♪ Hierdie gewilde ou advertensie uit die tagtigs was en is 'n ware opsomming van die Afrikaner se kultuur. So-by-so dat ons nou al danksy 'n braaibehepte mannetjie met 'n rittelende passie vir braaigeregte 'n Nasionale Braaidag gevestig het in die samelewing wat saamval met Erfenisdag. Of andersom. Van Pot tot Tafel deel 'n paar braai-heerlikhede met julle en bedank ook vir **Jimmy's Sauces** en **Crown National** vir die verskaffing van hulle uitstekende sous en speserye.



deur Johan Rossouw

Foto: Pieter van Zyl se Stoep



## Metode:

- Sny die uie in ringe en geur met sout en peper.
- Verhit die olie in 'n gietysterpan op die kole en braai die uie tot glanserig.
- Voeg die **Jimmy's Relish** by en roerbraai op matige hitte tot goed gekombineer.
- Verwyder van die vuur, bedek en hou warm.
- Meng die olie, knoffel en gekrummelde Feta goed deur.
- Kook die aartappels in soutwater tot net-net sag maar steeds ferm.
- Verwyder van die hitte en plaas in yswater om af te koel.
- Plaas die aartappels tussen twee sosatiestokke of in die holte van 'n opskeplepel.
- Maak half sentimeter insnydings sonder om dwarsdeur te sny.
- Plaas in 'n foelie-mandjie, peper die aartappels en gooi die gemengde bestanddele oor die aartappels sodat dit in die gleuwe kom.

## Picanha Steak met Chimichurri en Konsertina-aartappels

Picanha steak is 'n snit van die bees wat sy gewildheid gekry het in Brasilië. Beter bekend in Suid-Afrika as "Rump cap of tail", gesny uit die boonste gedeelte van die kruisskyf. 'n Baie lekker snit om so heel op die kole te braai of om Espetadas mee te maak.

| Vleis & Groente                      | Droë bestanddele                                              | Nat bestanddele                                       |
|--------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|
| 1.5kg Picanha biefstuk heel gehou    | Sout en gemaalde peper<br><b>Crown Six Gun Grill speserye</b> | 15ml Olyfolie<br>250ml <b>Jimmy's Steakhouse sous</b> |
| 9 Aartappels<br>30ml Gepaste knoffel | Gemaalde peper na smaak                                       | 30ml Olyfolie<br>120ml Gekrummelde Fetakaas           |
| 3 Groot uie                          | Sout en gemaalde peper na smaak                               | 15ml Olyfolie<br>250ml <b>Jimmy's Infused Relish</b>  |

- Vou stewig toe in die foelie en plaas op die rooster op warm kole.
- Draai gereeld om tot sag en gaar en hou warm.
- Vryf die heel biefstuk in met die olie en geur goed met die speserye.
- Braai op hittige kole en smeer gereeld met **Jimmy's Steakhouse sous** tot verlangde gaarheid.
- Vir 'n riglyn as jy na die rouer kant toe neig, so 9-12 minute aan 'n kant en 3 minute aan die sykante vir die 1.5 kg wat heel gebrui word.
- Laat rus 'n paar minute voor opsny en bedien met die aartappels en **Jimmy's Relish** uie.
- Gooi Chimichurri oor die vleis vir ekstra smaak.

## Gebraaide Gevulde Sampoene & Filet Steak

Gevulde sampioene is ook 'n lekkerny as bygereg by enige ete, nog lekkerder as hulle daai rokerige smaak van 'n vuur kry. So 'n gevulde sampioen met 'n geurige filet is net die regte medisyne vir braaidag lekkerte. Net so ter inligting vir die oningeligtes, die "loin" of filet lê onder die ribbes, langs die ruggraat. Die "stert" begin 'n bietjie verby die ribbes en groei in dikte totdat dit eindig in die "sirloin", wat nader aan die boude van die bees is.

| Vleis & Groente                                            | Droë bestanddele                                                                           | Nat bestanddele                                                            |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 4 Groot Portobello sampioene<br>4 Gepaste knoffeltoontjies | Sout en gemaalde peper                                                                     | Gekonfytte Jalapeno-rissiepepers<br>Gerasperde Cheddar<br>45ml Botter      |
| 1.5kg Beeslende of filet heel gehou                        | 30ml Olyfolie<br>Sout en gemaalde peper<br><b>Crown Six Gun speserye</b><br>Mosterdkorrels | 250ml <b>Jimmy's Barbeque sous</b><br>250ml <b>Jimmy's Steakhouse sous</b> |

## Metode:

- Spoel die sampioene af en verwyder die stammetjie.
- Geur met sout en peper.
- Meng die knoffel en botter en verdeel tussen die sampioene deur in die holtes te smeer.
- Plaas so twee opgehoopte eetlepel van die jalapeno konfyt in.
- Bedek met gerasperde kaas en braai op matige kole tot die kaas gesmelt het.
- Vryf die lende in met olie en die speserye.
- Braai die filet op warm kole en bedruip gereeld met die gemengde kombinasie **Jimmy's sous** vir 20-30 minute of verlangde gaarheid.
- Laat rus 'n paar minute, sny in skywe en bedien met die gevulde sampioene.







## Burger Braaibroodjies

Wat is 'n braai sonder 'n braaibroodjie? As jy nie kan braai nie, sit jy die kaas aan die buitekant dat dit kan smelt en jou uie of tamatie is nog half rou wat ookal in die middel is. 'n Braaibroodjie is uie onder, kaas middel, tamatie bo, stadig braai en baie draai. Uie en tamatie lekker warm en gaar en kaas ordentlik gesmelt in die middel. Die paartjies wat glo aan botter buite, doen so voort want dis hierdie groepie wat bang is die broodjie brand aan die buitekant. Hoe dit ookal sy, daar is soos burgers so baie variante van braaibroodjies dat Van Pot tot Tafel die twee gaan kombineer het.

### Vleis & Groente

2 x 200g Kaas en spek beesvleis patties  
2 x 200g Jalapeno beesvleis patties  
1 Rooi ui in dun skywe gesny  
2 Tamaties in dun skywe gesny

### Droë bestanddele

Sout en peper na smaak  
Aartappelspeserye na smaak  
8 Snye brood (wit of bruin)  
Sout en gemaalde peper

### Nat bestanddele

1 Suurlemoen  
500ml Canola-olie  
250-350g **Jimmy's Barbeque sous**  
Botter of Margarine  
20-40ml Fyn gepaste knoffel  
60ml Blatjang  
200g Cheddakaas gerasper

### Metode:

- Was die aartappels en skrop liggies.
- Sny op in wiggies en laat lê vir 1-2 uur in yswater met suurlemoenskywe.
- Dreineer en en maak droog met papierhanddoek.
- Plaas in 'n bak met die olyfolie en speserye en meng goed deur.
- Verhit die olie in 'n pot op die vuur en braai in die olie tot goudbruin.
- Dreineer en hou warm.
- Braai die burger patties tot medium gaar en smeer gereeld met **Jimmy's Barbeque sous**.
- Verwyder en hou eenkant warm.

- Smeer die snye brood met botter aan die binnekant.
- Smeer die een kant met 15ml blatjang en die ander kant met 5-10ml gepaste knoffel.
- Plaas uie op die blatjang gesmeerde kante van die broodjies.
- Sit op elke broodjie 'n pattie.
- Plaas 50g kaas bo-op elke pattie, gevolg met die tamaties en geur met sout en peper.
- Plaas die broodjies in 'n toeknyprooster, maar moet nie styf toemaak nie.
- Braai op matige kole deur gereeld om te draai tot die kaas in die binnekant gesmelt is en die broodjies mooi goudbruin.
- Sny die braaibroodjies op en bedien met die aartappelwiggies.

## Portugese Peri-Peri Hoender met Soetrissie Spek Aartappels

Soos die naam sê dink almal dat Peri-Peri 'n Portugese oorsprong het. Volgens ons geleerde vriend, Google is die oorsprong Mosambiek, tuiste van die "African Bird's Eye Chilli's", ook bekend as Peri-Peri. Hierdie sterk pikante chilli's word al vir eeue in Mosambiekse disse gebruik. Die Portugese het 'n bietjie suurlemoen en 'n knippie knoffel bygevoeg om die eerste Peri-Peri-sous te maak. Jy kry diegene wat insnydings in die hoendersnitte maak dat die sous "beter" kan intrek. Seker so, maar wees versigtig anders oordonder die sous en jy eet Peri-Peri i.p.v. hoender Peri-Peri.



### Vleis & Groente

1 Hoender braaipak – 8 stukke

### Droë bestanddele

Sout en gemaalde peper  
**Crown Portuguese Peri-Peri speserye**  
Olyfolie

### Nat bestanddele

12 Klein aartappeltjies  
12 Spekrepe

4 Medium lang sosatiestokkies

**Jimmy's Sweet Chilli sous**  
Pietersielie of roketblare

### Metode:

- Kook die aartappels in soutwater tot net sag maar steeds ferm.
- Dreineer en plaas in koue water om af te koel.
- Plaas die spekrepies op 'n bord en sny dit in die helfte.
- Rol elke aartappel styf op in 'n spekreep, sit 3 aartappels op 'n stokkie, en maak seker dat die stokkie in die toegedraaide aartappel ingaan waar die spekpunte oorkruis.
- Bedruip die aartappels met **Jimmy's Sweet Chilli sous**.
- Braai die hoenderstukke in 'n toeklaprooster op matige tot warm kole vir 30-45 minute.
- Sprinkel halfpad met olyfolie en draai gereeld sodat hoender nie aanbrand nie.
- Sit die aartappelsosaties sowat 20-30 minute voor die hoender gaar is in 'n rooster of saam met die hoender en braai tot die spek bros is.
- Smeer nou en dan met die **Jimmy's Sweet Chilli sous**.
- Sit voor op 'n braaibord en garneer met pietersielie of roketblare.



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# Lamsribbetjie-en-worsbord

'n Lamsribbetjie bly maar koning ... Vra jou slagter om die dik bokant van die rib net deur die koppe te sny. Dit vergemaklik net die opsniewerk as die ribbetjie gaar is. Ek onthou my pa het al baie vroeg in die sewentigs op die staanribmetode gebrui. As die ribbetjie baie vet is maak ons insnydings in die velkant sodat die vet makliker kan uitbraai. Die algemene manier is om die ribbetjie in te vryf met bietjie worcestersous, te sout en peper en dan op te hang om winddroog te word. Bedruip met suurlemoensap tydens die braaiproses. Ken baie cholesterol-lyers wat vergeet daarvan wanneer daar skaap- of lamsribbetjie gebrui word.



## Vleis & Groente

1.5-2kg Lamsrib  
500g Egte Boer & Butcher  
boerewors  
15ml Geparste knoffel

## Droë bestanddele

Sout en gemaalde peper  
15ml **Six Gun Grill speserye**  
10ml Gebreekte koljander  
10ml Mosterdkorrels

## Nat bestanddele

30ml Olyfolie  
100ml Brandewyn  
Sap van 2 Suurlemoene  
30ml Worcestersous  
2.5ml Tabasco  
250ml **Jimmy's Shisanyama sous**  
250g Roomkaas

6 Groot aartappels

Sout en gemaalde peper

1 Groot tamatie  
30-60ml Geparste knoffel  
1 Rooi ui in dun ringe opgesny

6 Snye brood  
Sout en gemaalde peper

Botter  
Gerasperde Cheddarkaas

## Metode:

- Meng die gekapte uie, olie, brandewyn, suurlemoensap, Worcestersous, knoffel, Tabasco, sout en peper saam en giet dit oor die rib.
- Marineer vir ten minste 2 ure of verkieslik oornag.
- Begin met die aartappels terwyl die ribbetjie gebrui word.
- Sny die opgekookte aartappels in die helfte en geur goed met sout en gemaalde peper.
- Smeer met enige geur roomkaas en bak in die oond of lugbraaier tot goed gaar.
- Verwyder die ribbetjie uit die marinade, laat drup die meeste af, gooi die speserye oor en vryf goed in.
- Maak staan eenkant regop in 'n rooster teen 'n ordentlike vuur en braai stadig vir 1-1½ uur tot goudbruin en bros.
- Verf gereeld met die **Jimmy's Shisanyama sous** tydens die proses.
- Laat rus paar minute, sny op en hou warm.
- Braai die boerewors vinnig oor warm kole vir 'n paar minute en smeer liggies met **Jimmy's Shisanyama sous** en hou warm.
- Smeer die broodjies met botter en beide kante met geparste knoffel en pak dik snye cheddarkaas op.
- Braai oor matige kole en draai gereeld om tot die kaas goed gesmelt is.
- Bedien warm saam met die knoffel en kaasbroodjies, aartappels, rib en wors.



# Spek en Kaas Varkworsies

Gevulde worsies met kaas en toegedraai in spek is 'n maklike, heerlike en vinnige voorgereg om te maak as peuselhappie by enige braai, des te meer op Nasionale Braaidag. Dan wil die braaiers mos eers uithaal en wys wie sit die beste voor en wie is die beter braaier. Die resep kan ook die tradisionele "bangers & mash" so 'n bietjie meer kleur en smaak gee. Vertel 'n bekende vriend mos destyds vir my hoe hy en sy pel na een laang goeie middagete besluit het hulle gaan gou môreoggend vir ontbyt "bangers & mash" in London eet. Kom nou daarvan as jy met die oorgebruik van die euwel van die druiwevrug spog dat jy altyd jou paspoort saam met jou dra ... wonder hoe daai ogies toe gehang het.

## Metode:

- Maak 'n insnyding in die varkworsies vir 'n sakkie. (as die wors 10cm lank is, maak die snit 8cm)
- Sny die kaas in reghoekige blokkies so ±1cm dik in omtrek.
- Neem 'n kaasvinger, plaas dit binne-in die snit en maak toe deur die kante liggies saam te vou.
- Plaas drie spekrepies langs mekaar op 'n bord en plaas die gevulde worsie bo-op.
- Rol die worsies op in die spek, en plaas dit in die yskas tot gebruik.
- Braai op matige tot warm kole tot goudbruin en bros.
- Bedien heel saam met kapokaartappels of sny op as voorgereghappie.

*Lekker eet!*

## Vleis & Groente

6 Varkworsies  
18 Strepie spek repe

## Nat bestanddele

6 Maande verouderde Cheddarkaas  
of enige kaas van keuse



# Kletskombuis

## saam met *Jannie Elizabeth*

deur Bertie & Elizabeth Cloete

## Lemoenkoek en 'n Vrystaatse lemoenboom

**E**k kry vir Ma in die kombuis.

"Dit lyk lekker" en ek wys na die lemoenkoek wat besig is om vorm aan te neem.

"Ja, maar dit is eers vir Sondag as tant Rose-hulle kom tee drink."

"Ai. Dit is eers môre!" protesteer ek.

"Help solank jou Ma en druk nog een of twee lemoene uit."

"Hoekom is hier dan 'n wapen met oranje gestreepte vlae langs die resep geplak Ma?"

"Want, die resep kom van tannie Jouna in Bloemfontein. Ons slaap altyd daar oor as ons Kruger Wildtuin toe gaan. Onthou jy?"

"Ja, maar wat het die wapen daarmee te doen?"

"Dit is die wapen van die ou Vrystaatse republiek van 1854 tot 1902."

"Ja, maar wat maak dit by die lemoenkoek?"

"Watse vrugte hang aan die boom?"

"Dit lyk soos lemoene Ma."

"Ja, jy is reg."

"Maar ek het nog nooit lemoenbome in Bloemfontein of die Vrystaat gesien nie, Ma."

"Dit is reg, want daar is nie eintlik nie. Daar is maar 'n paar waarvan ons weet."

"Maar hoekom dan die lemoenboom op die Vrystaatse wapen?"

"Wel, die oumense vertel dat gedurende die middel-1860's 'n Londense drukkery verantwoordelik was vir die druk van die eerste amptelike seëls van die Republiek van die Oranje-Vrystaat. Hierdie drukkery het verkeerdelik gedink dat 'Orange' in die Engelse benaming van die republiek, 'Orange Free State', na lemoene verwys, min wetende dat dit eintlik na die Nederlandse Willem V van Oranje verwys. Die naam van die republiek het niks met lemoene te doen gehad nie, maar die Engelse drukkery het dit nie geweet nie, want hulle het geen kennis van Nederlands gehad nie. Nog minder het hulle enige agtergrondkennis gehad van die geskiedenis van die verre republiek aan die suidpunt van Afrika. Die gevolg was dat die drukkery op eie inisiatief 'n paar lemoene by die boom gevoeg het."

"So dit is die Engelse se skuld Ma?"

"Ja, jy kan maar so sê ja."

"En dan wil Ma nog vir tant Rose hiernatoe nooi vir koek en tee?"

"Maar dit was mos nie tant Rose wat die lemoene daar geteken het nie."

"Ek gaan haar Sondag vra of die Vrystaat lemoene het."

"Druk jy net die laaste lemoen uit vir jou Ma asseblief en los vir tant Rose uit."



Elizabeth Cloete is gebore te Noordhoek op 12 Maart 1939. Haar hele lewe tot nou, bring sy op 'n plaas deur. Eers was haar pa, Bertie, 'n groente- en wynboer en toe ook haar eggenoot Nick, 'n skaap- en wynboer. Sy behaal haar BSc Honneursgraad in mikrobiologie aan die Universiteit van Stellenbosch. Daarna beywer sy haar as 'n boervrou, biologie onderwyseres en later jare as 'n voedselbeoordelaar. So word sy gevara in 2015 om op die gewilde kykNET realiteitsprogram, Koekedoor, as 'n beoordelaar op te tree. Dit is waar ons as publiek haar leer ken het as

*Jannie Elizabeth*



## Lemoen chiffonkoek

### BESTANDDELE:

2 ¼ koppie koekmeel  
1 ½ koppie strooisuiker  
3 teelepels bakpoeier  
Die gerasperde skil van een lemoen

• Meng als goed saam en maak 'n holte in die middel

½ koppie olie  
5 ongeklitste eiergele  
¾ koppie vars lemoensap  
2 teelepels vanilla

### METODE:

• Gooi in die meelholte en meng goed

• Klits 5 eierwitte tot skuim  
• Voeg 5 ml kremetart by en klits tot baie styf  
• Voeg by die meelmengsel

• Gooi in 'n ongesmeerde tuitpan met voetjies  
• Bak vir 55 minute by 180 grade Celsius  
• Laat heeltemal afkoel terwyl pan op voetjies staan

• Maak koue koek los met paletmes en plaas op rakkie wat bakpoeier oor het

### Die stroop:

1 koppie suiker  
½ koppie water  
2 eetlepels botter

• Kook bogenoemde vir 5 minute saam.  
• Voeg 1 koppie lemoensap by  
• Gooi oor koek



# Hephzibah, 'n stukkie hemel op aarde

deur Dr Melodie de Jager & Gerda Page

- Ooit lus om vir 'n paar dae te ontsnap uit die gewoel en werskaf van die stadslewe?
- Het jy 'n droom om 'n lappie grond in die natuur te besit?

**H**ephzibah is 'n berg- en rivierplaas net oor die grens van Gauteng in Mpumalanga. Hier tussen die Gouwsberge en die Wilgerivier kan 'n mens stil wees en weer mens word.

## Kom beleef

Hier kan jy langs die rivier piekniek hou, vir ure deur die gras en veld loop en die natuurskoon indrink. 'n Mens hoor net die natuur – volkome afsondering, volkome vrede.

As jy van fisiese uitdagings hou voor jy doodmoeg snags in gitdonker diep slaap, is daar 11 km wandelpaaie. Daar is iets vir elke stapper – rustiger, meer meditatiewe roetes, asook stywe klimroetes wat jou behoorlik uitdaag en laat sweet.

Jy word telkens verras – eers deur kranse wat loodreg ver bo jou uittoring met varing-ruikers in die nisse, 'n waterval so 900m se stap op in die kloof en 'n uitsig wat jou asem wegslaan as jy die plato bereik. Koel af in een van die natuurlike bergpoele, vanwaar jy die aarde beleef soos dit in die begin was – ongerep, indrukwekkend.

## Waar

Hephzibah is in die Wilgevallei geleë sowat 'n uur en 'n bietjie Noord-oos van Pretoria. Knus tussen Bronkhorstspuit, Groblersdal en Witbank (oftewel Emalehleni).

Hier op die skeiding tussen die Hoë- en Laeveld vind jy 'n groot verskeidenheid ongerepte plantegroei. Daarom is Hephzibah ook 'n voëlkykersparadys. Die kleinwild wat hier voorkom is onder andere skugter klip-springers en bosbokke, energieke duikers en onnutsige apies en bobbejane.



## Die naam

Hephzibah is Hebreeus vir “die een wie die Here liefhet” (Jes 62:4). Die ontwikkelaars, Gerda en Philip Page, het jare gelede hier 'n toevlugsoord geskep vir Christene van alle denominasies as 'n plek van verfrissing en herstel in die helende skoot van die natuur.

## Bewaar

Die 235 ha berg- en rivierplaas is omskep in 'n deeltitel-ontwikkeling met net 50 privaatgebruik areas (erwe) waar elkeen 'n huis na eie behoeftes, maar binne bouvoorskrifte, kan oprig. Die grootste deel van die plaas word as natuurgebied bewaar.

Hier kan jy, jou kinders en kleinkinders dinge saam doen en jul gesinsbande bewaar.

In gemeenskaplike areas wat jy nie hoef te onderhou nie, want dit word uitstekend vir jou onderhou, kan julle in swembaddens baljaar, onbevange balspeletjies op die uitgestrekte grasperke speel, klim en klouter, visvang in die damme en by die rivier en roei – net versigtig vir die krokodil en seekoeie wat al gewaar is.

*Vervolg op bladsy 17*







Kom ding mee op die tennisbaan, die 9 kortgat putjie gholfbaan of op reënerige dae by die snoekertafel en tafeltennis in die klubhuis.

### Belê

Word 'n mede-eienaar van hierdie grootse natuurplaas met al die natuur-bates en fasiliteite. Daar is geen laste nie, Hephzibah is 'n kontant ontwikkeling.

Beleggers wat 25 jaar gelede in 'n naweekwegbreek belê het en later te Hephzibah kom aftree het, is nou in hul tagtigs en daarom is daar nou huise en erwe te koop.

Hephzibah is die ideale aftreeplek vir aktiewe, avontuurlustige andersdenkendes wat nie kans sien vir die lewe in 'n duur hokkie in die stad nie. Hier is 'n mens deel van 'n gemeenskap van werkendes en afgetredenes wat nie tyd het om te skinder of handjies te vou nie.

Hier is twee inwonende mediese dokters wat voltyds in Witbank praktiseer en 'n gratis kliniek vir gereelde seker maak dat alles wel is.

### Kom kyk

Hephzibah is nie oop vir dagbesoekers nie, maar daar is wegbreekeenhede waar 'n mens vir 'n naweek kan oorbly terwyl julle rondkyk voor jul belê.

Vir klein omgegroepe of individue wat in 'n veilige natuuumgewing wil uitspan, is daar 1-4 bed selfsorgeenhede by die Plaashuis. Die eenvoudige eenhede is toegerus met gasstoof, yskas, beddegoed, breekware en braaigeriewe en volle toegang tot alles wat Hephzibah bied.

Kom span uit onder asembernemende sterreprag na 'n dag in die koesterende atmosfeer van die natuur, terwyl jy jou lewe – en die moontlikheid van 'n wegbreekplek of 'n aftreeplek – oorweeg.



**KLIK  
HIER VIR  
VIDEO**



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Any which way is  
**WINE  
WAY**

# Winter Road Trip

by Mary-Lou Nash, Cape Wine Master

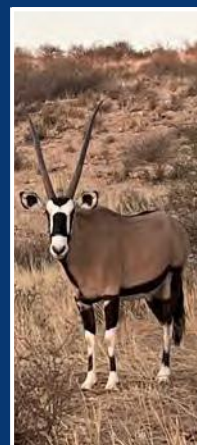
**A**s the saying goes, it's about the journey, not the destination. My destination was the Kalahari Transfrontier Park, but the journey took me past some off the beaten path wineries on the journey. Leaving from Paarl, we skipped past the Wellington wineries as it was sunrise, and no one was stirring. Porterville was also skipped not only because it was dawn, but also because the Porterville Cellar looked as if it has been turned into an Agri Mark!

The next wine producing area on our route was the mountainous wine region of Citrusdal. Not only is Buchu and Rooibos grown here, but it is also where the award-winning ward of Piekenierskloof is located. This area is home to some of the oldest dryland bush vines, and most sought-after vines in South Africa. Grenache, Cinsault, Chenin, and even Palomino grow well here in the high elevation, with hot days and cool nights in the growing season. A farm established in 1886, Tierhoek is worth a stop to taste their Chenin and Grenache.

Cruising along the N7 you come to Klawer Wine Cellar where there is a comprehensive list of dry white and red wines, sparkling, late harvest, special late harvest, and dessert wines, so something for everyone and very reasonable pricing. They offer interesting pairings of red, white and rose wines with chocolate, Pinotage with coriander and mint truffle, Sauvignon Blanc with orange fudge, and rose with Turkish delight.

Cruising up the N7 the scenery was alight with different hues of orange wildflowers making us want to stop for photos rather than wine tastings. At Springbok we turned right on the R14 to spend the night at the majestic Augrabies waterfall and enjoy the wines of the Orange River. The Northern Cape is South Africa's most expansive and sparsely populated province where you expect to see quiver trees rather than vines. The area around Upington on the Orange River is actually an immense wine growing region, but one with few independent wine growers. The Orange River Cellars originates from 160 grape producers along the orange river where pockets of vineyards with diverse microclimates spread for 300 kms. The Orange River Cellars has also caught on to pairings, where you can choose from gin with truffles, brandy with chocolates or wine with an array of choices from nougat, olive, cheese or a meaty pairing with the many choices of wine. They even have a non alcoholic and kids pairing.

Feeling satisfied, we headed onwards to the park with our muscadel and hanepoot to sip on at the watering holes of Nossob and Mata Mata. Seeing lions while sipping, I think that was the ultimate pairing!



## black pearl

The hidden gem of Paarl Handcrafted wines  
by Cape Wine Master Mary-Lou Nash.

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# Lientjie Wessels en Blomme

Blomme, blomme en nogmaals blomme. Ek probeer my omring met soveel blomme moontlik, verkieslik eetbaar, sodat ek enige bord in 'n kunswerk en lus vir die oog kan verander. Ek bederf myself graag met 'n slaai van blare en blomme uit die tuin vir ontbyt of 'n ligte middagetete. Dit slaag altyd daarin om my dag op te kikker. Dit is belangrik om jouself soms te bederf – hierdie is maar een van my maniere.

Blomme is nie net mooi nie, maar ook geurig en verleen 'n baie spesifieke geur aan so baie geregte. Dink maar net aan laventel, rose en viooltjies wat jare al deel van ons koskultuur uitmaak. Deesdae gebruik ons 'n groot verskeidenheid blomme; sommige is lig en ander weer eksoties, soos magnolia byvoorbeeld. Gebruik blomme in slaaisouse, oor vis of saam met 'n bietjie olyfolie oor gebraaide groente. Gebruik ook die blom-asyn in 'n soet slaaisous waar jy die asyn met suikerstroop meng en dan op vars vrugte gebruik.

~ Lientjie Wessels ~

## Avokado-en-hummus-blomtuin

Lewer 6 porsies

As die eerste avokado's van die seisoen in die winkels op Cullinan verskyn, maak ek 'n punt daarvan om elke dag een te eet. Hierdie blomtuin-avokado's is 'n treffer vir 'n vinnige en aanskoulike middagetete. Ek loop somer deur die tuin, pluk die eetbare blomme en meng dit met kruie. Dit lyk ook wonderlik op 'n groot bord saam met hummus en korsrige brood.

### Bestanddele

|                      |                                      |
|----------------------|--------------------------------------|
| 2 ryp avokado's      | 'n handvol grasuie                   |
| 5 g wit sesamsaad    | 2 sprietuie                          |
| 50 g swart sesamsaad | vars koljander-, dille- of mentblare |
| 250 g hummus         | 30 ml (2 e) olyfolie                 |
| 10–14 eetbare blomme | seesout en rooipeper                 |

### Om voor te sit

4 korsrige brode

### Metode

Om die blomtuin te maak: Sny die avokado's middeldeur en trek die skil af. Meng die wit en swart sesamsaad en rol die avokadohalwes daarin. Vul elke avokado met hummus, eetbare blomme, gras- en sprietuie asook koljanderblare. Sprinkel olyfolie oor en geur na smaak met seesout en rooipeper.

Sit voor saam met korsrige brood.

### Variasie

As jy die gereg as voorgereg wil bedien, braai 2 garnale vinnig in botter en knoffel tot gaar en drup suurlemoensap oor. Sit voor saam met avokado-en-hummus-blomtuin.



Geure deur Lientjie Wessels word gepubliseer deur Annake Müller Publishing. Die boek is tans teen R225 (koerierkoste uitgesluit), 'n **spesiale aanbieding slegs vir Lalasini-lesers**, beskikbaar.

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### Oor Lientjie

Met 'n BA in beeldende kunste werk Lientjie in verskeie dekorwinkels voor sy dekorredakteur word en vir tydskrifte soos *Sarie* en *Elle Decoration* werk en later ook bydraes vir *Pasella* lewer. Stukke van haar persoonlike meubelreeks pronk onder meer in die Konstitusionele Hof. Sy maak suksesvolle restaurante oop in Pretoria en Cullinan, en neem deel aan *Kokkedoor* 3. Sy spits haarself tans toe op skilderwerk, reseptontwikkeling en spyseniering.



# What the birds know

by Risha Lötter

Yesterday morning I stumbled into the kitchen for my first coffee of the day, hopping up and down to stay warm, watching my breath form clouds of vapour in the frozen air of our forest house. I was only half conscious, already looking forward to returning to the warmth of my bed with steaming mug in tow.

No level of sleepiness, however, could shield me from the smell that hit me as I turned towards the kitchen counters: A pungent mix of butter popcorn and animal funk that meant only one thing – the genet had come visiting in the night.

She's been here more and more these days, sneaking through the cat flap and leaving behind a trail of avocado peels and bits of butter when we're foolish enough to leave food outside the fridge. Also leaving behind, it bears repeating, a scent so pervasive that all it takes is trailing one's sleeve through the (invisible) musk a single time to have everything – clothes, bedding, door handles – smell of spotted cat forevermore. A few times I put my motion-activated night camera down on the counters to catch her at it, and although I never saw her actually marking anything, my camera itself now smells singularly of genet too.

Spring is coming. That's what I assume this is about: Our cheeky friend is announcing either her ownership of this house or her personal availability to the male genets in the area. As the days lengthen, her biological clock springs into action. Some part of me is annoyed by this, another hopes that in a few months we might have a family of genets bounding through the kitchen at night. A whole host of huge eyes, poised bodies, and massive striped tails swishing past table legs, sniffing at dirty plates, knocking over lids ... How can I resist? And thus each evening I look at the cat flap and debate whether or not to seal it. Sometimes I do, leaving a bone or two outside to make up for it. But after a few days I always relent again, missing the strange friendliness of her noises in the kitchen, missing the feeling of having some-

thing so utterly wild and inexplicable share a living space with me.

Also yesterday, a few hours later, I heard a series of strange noises in the house. Wood creaking, knocking, a few thuds. Eventually I recognised a snippet of song and caught two Cape robin-chats red-handed (or should I say red-chested?) fluttering from window to window, pecking up tiny moths and insects as they went. One left when it had eaten its fill, the other panicked against a closed window pane, until I clambered gingerly onto the fridge and managed to catch and release it, its little heart thumping against my palms.



I read somewhere that singing takes up a lot of energy for birds, and that only the truly devoted (or arrogant) robin-chats keep up their entire repertoire throughout the colder months. Lately I've been hearing their complicated whistles and chirps more and more, and now here they were, in my house, decisively announcing the end of winter. Even as I worried about the tiny bird in my hands, my heart lifted.

There is always a single day per year, usually in late August or early September, when the seasonal tides seem to turn all at once. Last year was on the first of September, when a boomslang fell from a tree I was lying under. Yesterday was this year's day. Beyond the genet and the Cape robins, last night the bats also began their annual band practice/hunger games in our roof. And when I went to close my bedroom windows a startled rain spider jumped out from behind the curtains and scurried into the darkest recesses of my closet. For the next few months I will be beating and shaking any item of clothing before I dare wear it.

*Continued on page 21*





## "I didn't set out to be a batty bird-lady"

I knew almost nothing of birds nor trees before I moved to Wilderness. Wasps all looked the same to me. Mushrooms seemed unanimously poisonous. Spiders were intolerable. All snakes were novel – now common slug-eaters routinely defecate over my hands and wriggle away in haste when I pull up weeds in the garden (did you know they do that? I certainly hadn't.)

I didn't set out to be a batty bird-lady but there are moments when I have to admit that that's probably what I've become. Nature snuck up on me. She does that, when you give her even the smallest of gaps. She installs herself with the scrabble of insect legs and the insistence of frog calls at night. And once you've learnt to notice, there is no going back. Every sound has its season. Every scent carries a message. A patch of mushrooms in the shade now speaks of the rain cycle, the state of the soil, the creatures who feed on them. The small dramas of the natural world begin to run parallel to my own daily life: neither more nor less important, but somehow braided in.

This is what I love most about the turning of winter into spring: how it teaches me, again and again, to pay

attention. Even the smallest of signals announce that something larger is underway, that the light is shifting, a new chapter opening.

And this noticing is not exclusively available to those of us living in the forest. Wherever you are, there are clues: Dandelions flowering through cracks in the pavement. Ants tracing unfamiliar routes across the floor. Buds on a balcony plant, a change in the quality of dawn light, a long-unheard bird call. In these strange and harried times, nature draws us back in, grounds us, provides moments of clarity – if we only stop to notice.

I am a novice on this journey, but here is what I am learning: When life feels overwhelming, as it so often does, let yourself be interrupted. Let yourself be surprised. All it takes is curiosity and a willingness to pause. Invariably, in these pauses, nature will take up residence, until one day you realise you've been keeping time not with clocks and calendars, but with the arc of the sun and the calls of birds.

Risha Lötter is a writer, interpreter, and astrologer living in Wilderness. In her spare time she reads up on local fungi, tries her best to mimic bird calls, and drinks far too much coffee.

Find her podcast and more of her writing at

<https://casefilesofafoolforlife.substack.com> or contact her at [rishalotter@gmail.com](mailto:rishalotter@gmail.com)

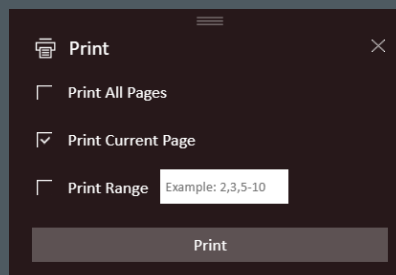


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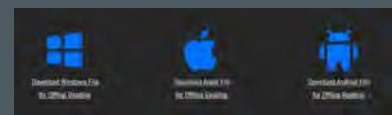
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# “Tussen duin en berg wip 'n kwikkie sy stert”

deur Karien van Huyssteen-Kleynscheldt

## Ek WIP somer my stert vir:

swak maniere  
arrogansie  
gate in die pad  
allerhande allergieë  
rekstowwe wat binne weke uitrek  
slap handdrukke  
teesakkies wat somer skeur  
willekeurige-aansakel-glimlagte  
onnodige ystervark-persoonlikhede  
afgewaterde soutlose vaal frases  
onleerbare insiglose aardbewoners

## Maar dit verKWIK my mateloos:

'n kind met mooi maniere  
mense met sagte oë  
diegene wat die pik en graaf opneem  
gaste wat voorskrifloos eet  
'n 20-jaar-oue steeds mooi trui  
'n in-die-oog-kyk-handskud  
driehoekige sysakkies met verruklike geure  
'n lyfskud oogtoeknypt borrellag  
verkwikkende so-bly-ek-sien-jou-oomblikke  
woordgebruik kleurvol, raak en liplekker  
wysheide met deernis gedeel

Gedagtig aan 'n voormalige rektor, Prof. Benedictus Kok van die Vrystaat Universiteit, leer ek toe 'n paar verKWIKlike feite oor hierdie STERT-in-die-lug voëltjie. Prof. Kok het geglo hy moet elke dag iets nuuts leer al het dit beteken dat hy 'n woordeboek moes vat en 'n nuwe woord of twee leer voordat hy slaap! Ek maak toe ook so:

**Kwikstertjies**, (“wagtails”) in die volksmond ook bekend as kwikkies, wipstertjies of akkermannetjies, is klein sangvoëltjies in die familie *Motacillidae*. Hulle is slankgeboude en dikwels kleurrike insekvreterers wat oop landskappe in Europa, Afrika en Asië bewoon. Kwiksterte se lang dun sterte word konstant op en af gewip. Die rede hiervoor is nog nie baie duidelik nie. Moontlikhede is dat dit insekte uit hul skuilplekke jaag, of onderdanigheid aan ander kwiksterte aandui. Dit kan ook 'n teken van waaksaamheid wees of selfs potensiële roofdiere afskrik.

Kwiksterte is gebiedsgebonde en verkies hoofsaaklik binnelandse waterryke habitatte. Die Kaapse kwikkie toon egter 'n wye habitat-toleransie en word ook aan enige rotsagtige of sandrige seestrande gevind, benewens verskillende mensgemaakte ruimtes soos parke, sportvelde, tuine en rioolwerke.

Hulle maak op die grond nes, dikwels in 'n rotsskeur of teen 'n steil grondbank of muur, en lê 4 tot 6 gespikkelde eiers. Sommige spesies migreer na Afrika, Europa en Asië. Twee spesies broei selfs in westelike Alaska.

Hul kleursig is goed ontwikkel met tot 120 000 konusselle per mm<sup>2</sup> wat in die retina van die geelkwikkie aangeteken is (in vergelyke met sowat 10 000 by die mens). Hierdeur is hulle goed aangepas by helderverligte omgewings, en kan hul omgewing in detail waarneem.

## Die kwikstertjie

Hy drentel by my oop deur in,  
sommerso, sommerso.  
En sy grys klein lyf wieg  
sommerso, sommerso.  
Hy is tuis in my huis.  
Hy ontdek hier baie nuwe dinge  
sommerso, sommerso.  
En dan trippel hy weer uit,  
sonder dankiesê:  
sommerso, somer net so.

(Uit: Groen, Haum-Literêr, 1990)

Dit lyk of die mens se bestaan al lank saam met die kwikkie s'n wip. Ook op virtuele ruimtes wip die kwikkie deesdae vreesloos sy stert in wonderlike kwikkiestories, foto's en videogrepe en ek leer iets van aanpasbaarheid, onbesorg wees oor wie jy is, 'n nuuskierigheid en verkwiklike ontmoetings wat nie noodwendig vir altyd hoef te duur nie.



*Motacilla clara*  
Bergkwikkie



*Motacilla aguimp*  
Bontkwikkie



*Motacilla flava*  
Geelkwikkie



*Motacilla capensis*  
Kaapse kwikkie



*Motacilla cinerea*  
Gryskwikkie



*Motacilla citreola*  
Sitrienkwikkie



Karien van Huyssteen-Kleynscheldt is 'n uitgetrede taalopvoeder. Vir haar is die lewe sonder die towerkrag van woorde ondenkbaar. Sy glo ook dat hoe jy met taal omgaan, 'n duidelike prentjie van jou menswees teken.



# Bringing the Jungle in: Indoor Plants for Tricky Spaces

by Carmen Malan, qualified and experienced horticulturist

Let's face it – some corners of our homes feel more like forgotten caves than leafy retreats.

**B**athrooms may be low on sunlight, but they're rich in humidity – perfect for certain tropical houseplants.

## ZZ Plant (*Zamioculcas zamiifolia*)

**Light:** Very low to moderate light  
**Water:** Every 2–3 weeks  
**Humidity:** Not fussy but loves moisture in the air  
**Soil:** Well-draining potting mix  
**Why it's hot:** Glossy, sculptural leaves and almost indestructible. Perfect for plant newbies.



## Boston Fern (*Nephrolepis exaltata*)

**Light:** Indirect light  
**Water:** Keep the soil moist, not soggy  
**Humidity:** Thrives in high humidity – hello, steamy showers!  
**Soil:** Rich, peat-based mix  
**Trend tip:** Try hanging one in a macramé planter from the ceiling – it's a boho dream.



## Peace Lily (*Spathiphyllum*)

**Light:** Low to medium, but flowers best with more light  
**Water:** When top inch of soil is dry  
**Humidity:** Loves it  
**Soil:** Moisture-retaining but well-draining  
**Bonus:** It even helps clean the air – what a star.



## Pothos (*Epipremnum aureum*)

**Light:** Low to bright, indirect  
**Water:** Water when soil feels dry to the touch  
**Humidity:** Medium to high  
**Soil:** Standard indoor potting soil  
**Pro move:** Let it trail from a shelf or wrap around a mirror for an urban jungle vibe.



## Cast Iron Plant (*Aspidistra elatior*)

**Light:** Tolerates deep shade  
**Water:** When soil is mostly dry  
**Humidity:** Low to medium  
**Soil:** Loose, well-draining

This plant lives up to its name – tough as nails and very on-trend in minimal, modern interiors.



## Innovative Greenery Ideas

Can't spare surface space? Go vertical! Try wall-mounted planters, or even a tension rod with hanging pots in a shower alcove. Glass terrariums can add a splash of green to shelves, while magnetic planters stick to the side of fridges or metal cabinets – clever and cute.

## Don't Drown the Darlings

The number one indoor plant killer? Love. Or more accurately – overwatering. Here's how to know if you're overdoing it:

- Leaves turning yellow or mushy? It's a red flag.
- Soil smells musty or sour? Step away from the watering can.
- Tip: Stick your finger about 2–3 cm into the soil. If it feels dry, water. If not, give it a few more days.

Use pots with drainage holes and never let your plant sit in water-filled saucers. Roots need air, not a mud bath.

## The Final Leaf

With the right plants and a bit of know-how, even your darkest bathroom corner can become a leafy, calming escape. So, whether you're crafting a rainforest in your ensuite or greening up your hallway, there's always room to grow.



## Services:



# Tuinmaak in die *lente* deur Tessa Oppermann

Langs die poskantoor en rye balies  
staan ons in die misreën onder tjalties,  
maar in die menslike erval  
behou ons nog uit Wupperthal  
klein ramenassies en rooi salies.

(DJ Opperman, "Blomverkopers", uit "Kaapse Draaie",  
Blom en Baaierd, 1956)

Op die groot saaidag van die heeal  
het reeds 'n entjie duskant Wupperthal  
oor die kaal Noordweste  
'n sakkie van die Heer se beste  
saad per ongeluk gelek, gelek en uitgeval.

(DJ Opperman, "Namakwaland", uit "Kaapse Draaie",  
Blom en Baaierd, 1956)



Ook by Graffiti is *Gardening in the shade* van Allan Haschick (2021); *Gardening in South Africa throughout the year* van Marianne Alexander (2016); en *Kreatiewe kombinasies in eietydse tuine* van Louise van Rooyen & Suzette Stephenson (2017). Volgens laasgenoemde is 'n tuin 'n kombinasie van kleur, vorm, tekstuur en groeiwyse – in wese 'n kombinasie van kombinasies. Vergroot jou tuin se trefkrag deur die beste moontlike gebruik van die kombinasies daarin.

*Kweek dit self* van JJ van Rensburg & Tinus Oberholzer (2019) is 'n omvattende gids met praktiese riglyne wat jou leer hoe om jou tuin (groot of klein) ten volle te benut, hetsy met tradisionele of alternatiewe tuinboumetodes. Dit bevat ook wenke vir die kweek van plante in houters, die geskikste plante vir verskillende spasies, hoe om peste te bekamp, en plantmaats.

Van Keith Kirsten is talle handleidings beskikbaar, byvoorbeeld *Gids tot klein tuine* (2008); *Grondbeginsels vir tuinmaak* (1985); *Wennerwenke vir die tuin* (2003); en *Tuin Almanak* (2003). Saam met Lynn Hurry is daar Keith se *Tuinmaak is pret* (2008); en saam met Owen A Reid *Huisplante vir Suid-Afrika* (1988).

'n Interessante boek is *Flora se Geheime Taal: Stories oor Suider-Afrikaanse plante* van die sielkundige Madine Swart (2021). Sy ondersoek die reise wat Suider-Afrikaanse plante meegemaak het. Die eerste is 'n skeepsreis vanaf die Kaap na Europa waar ons plante 'n beroering veroorsaak het. Daarna vanaf die Kaap die binneland in op soek na die simboliese betekenis agter die botaniese name, sowel as die volksname van inheemse plante. Die plantjagters aan die Kaap, die besonderse rol wat vroue in Suid-Afrikaanse plantkunde gespeel het, en die geskiedenis van ons veldblomskoue word beskryf.

Daar word gesoek na die betekenis van Suider-Afrikaanse plante vir begrafniskangers, voornemende vryers, sowel as mense wat ekstra geluk nodig en in bygelowe glo. Janet Snyman, 'n botaniese kunstenaar, het met haar illustrasies aan delikate plante lewe gegee.

Vervolg op bladsy 25

**M**et ons land se heerlike sonskynweer, wat nou reeds plek-plek gevoel word, is dit seker nie vreemd nie dat ons die tuinmaakboeke begin nadertrek en planne begin maak om die droë kolle in die tuin om te tower in blomtaferele.

## Boeke

Eers altyd die vertroude tuinbougidse, soos in my geval prof Kristo Pienaar se *A-Z van Tuinblomme in Suid-Afrika* (1984); *Suid-Afrikaanse Tuinmaak Maand vir Maand* van Nancy Gardiner (1995); *Rose van Ludwig Taschner* (2001); en *Tuinprojekte met Anna en Tanya* van Anna Celliers & Tanya Visser (2012).

Dan volg snuffelkyk en moontlike koop van ander gidse in boekwinkels, wat pas vir my die pragboek *Tuinvetplante* van Gideon F Smith & Ben-Erik van Wyk (2019) opgelewer het. Hierdie handleiding bevat hoofstukke oor waterwyse tuinmaak, bewaring, verbouing en voortplanting van vetplante, en nuttige wenke oor tuinmaak met vetplante.

By Graffiti Boeke is verskeie leersame publikasies beskikbaar. Reg Botha se *10 uit 10 Tuinmaakreeks* (beskikbaar in Afrikaans en Engels) dek verskillende tuinontwerpe in 'n gerieflike klein formaat wat byderhand gehou kan word terwyl jy tuinmaak. In elke boek word die geheime van suksesvolle tuinmaak in tien sleutelbeginsels saamgevat. Die titels sluit in *Beplan jou tuin*; *My tuin soek water*; en *Skadelike insekte in jou tuin*.







Derrich Gardner

## Ander bronne

Ons is bevoorreg om raad te kry van verskeie Suid-Afrikaanse tuiniers, nie net in boeke nie, maar ook in die vorm van **televisieprogramme, tydskifte en artikels op die internet**. *Die Tuinier* is byvoorbeeld kleurvol en inspirerend, met praktiese tuinstories en pragtige illustrasies. Hierdie tydskrif hou ons ingelig oor die nuutste plaaslike en oorsese neigings. Tanya Visser, by ons bekend vir die televisieprogram *The Gardener* op die Home Channel, is die redaktrise.

'n Tyd gelede is drie inspirerende televisiereekse van die omroeper en fotograaf (en ywerige tuinier!) Derrich Gardner op DStv-kanaal 147 uitgesaai: *TuinToere*. Die program het kykers toegang gegee tot 'n verskeidenheid van Suid-Afrika se uiteenlopende tuine en die tuiniers daaragter. Hy het selfs versoeke ontvang om die reeks in Engels te doen vir buitelandse netwerke.

Derrich vertel dat daar in sy huidige tuin aanvanklik net klip was, en toe het hy daar blombeddings en 'n oerwoud aangelê. Aan die een kant van sy erf is 'n inheemse tuin waarvoor hy tonne grond moes aanry. Die bome is nou, na meer as tien jaar, groot en dig, en 'n mens kan nie daar stap nie, want die klimplante sal jou verstrengel! Die ander kant van sy tuin spog met al die mooi, natuurlike bossies, en sy tuin kyk uit oor die stad Johannesburg. Hy het geweet dat hy nie meer elke dag wil gras sny, natmaak en bossies uittrek nie, want dan word dit werk en geniet 'n mens nie meer jou tuin nie. Nou sny hy nou en dan takkies terug en los hy alles natuurlik. Hy voeg by: *As gevolg hiervan het ek die ongelooflikste voëllewe in my tuin. Dis rêrig asof my huis uitkyk oor die bos en my katte dink hulle is in die hemel, want hulle woon in die bos.*

Op RSG se webblad by [rsgplus.org/category/natuur/tuin/](http://rsgplus.org/category/natuur/tuin/) kan ons luister na gesprekke oor tuinmaak, onder andere ook deur Derrich aangebied.



Tristan Woutberg

Leon Kluge

Leon Kluge is nog 'n Suid-Afrikaner wat met sy tuinmaak-passie harte en pryse verower. Hy is 'n internasionaal bekroonde landskapontwerper wat in 2024 'n sleutelrol gespeel het om vir Suid-Afrika 'n 38ste goue medalje op die Royal Horticultural Society se Chelsea-blommeskou in Londen te verwerf. Dié uitstalling het ook die gesogte Beste in die Groot Paviljoen-toekenning verower, asook die Nuwe Ontwerp-toekenning. Sy 2025-uitstalling is geïnspireer deur die ontmoeting van die Indiese en Atlantiese Oseaan, met 'n kloof in die middel waardeur water vloei. *Aan die een kant ontplof die Weskus met kleurvolle geofiete en stralende blomme, terwyl die ander kant die Indiese Oseaan se welige, subtropiese krag simboliseer, volgens 'n verklaring van Cape Flora (SA).* Die 2025-inskrywing het weer eens goud gewen.

Die tydskrif *tuis* van Netwerk24 dra deurgaans artikels oor tuinmaak. Intekenaars kan by [netwerk24.com/tuis](http://netwerk24.com/tuis) raad kry onder die opskrifte Lesertuin; Tuindagboek; Rooshoekie; en Plant van die maand.

Op Keith Kirsten se webblad lees ek hierdie: *Having green fingers is a state of mind – appreciating nature's mysteries and accepting that some things cannot be controlled or even fully understood. They can merely be nurtured and guided, and in return, they grant us peace and happiness in the midst of a too-busy, rushing world.*



Tessa Oppermann  
TAALVERSORGER EN VERTALER  
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# There isn't one specific look, body or story

## Misconceptions about eating disorders

by Carien Meyer, Dietitian

She looks healthy, fit, and her weight seems normal. But no one sees the rituals when she is alone, the amount of time and mental energy that decisions about food takes up, with guilt and shame as constant companions.

[KLIK HIER VIR ARTIKEL IN AFRIKAANS](#)

**W**e are conditioned to believe that an eating disorder is highly visible, obvious, and extreme – but the truth is, there's a good chance you know someone with an eating disorder without realising it. As humans, we like to fit things neatly into boxes to better understand complex issues. In the case of something like an eating disorder, where the causes are complex and multiple factors are involved, this unfortunately leads to a range of misconceptions. The truth is that eating disorders don't have one look, body, or story.

### Misconception 1: Our image of eating disorders

When I say “eating disorder,” most people immediately picture a young girl, skin-and-bone. That's the well-known portrayal of the life-threatening eating disorder, Anorexia nervosa. On the other hand, a diagnosis of binge eating disorder is often seen as the exact opposite and stereotypically portrayed as someone who is very overweight and has no self-control. However, did you know that someone who appears to have a “normal” weight – or even looks “overweight” – can have anorexia and suffer from serious health issues that aren't visible to the eye? Someone battling binge eating disorder can be highly successful and disciplined in everyday life. How someone looks physically – or even how they conduct themselves publicly – doesn't always tell you whether they have an eating disorder. More significant clues to look out for might be how comfortable someone is eating with you, how anxious they appear in food-related situations, how in control they want to feel about what and how they eat, and their behaviours around food (rituals, cutting out food groups, guilt and shame, cycles of restricting and overeating, secret eating, over-exercising, etc.).

### Misconception 2: Eating disorders are a teenage phase among girls and are outgrown

It's true that adolescence – a time of intense physical and psychological development – is a vulnerable window period that makes teens more susceptible to developing eating disorders. But rather than it being “outgrown”, it generally progresses or becomes dormant and resurfaces (again and again) during times of high stress and low coping ability. As a dietitian working in the field of eating disorders, food anxiety, and obsessions, I see many older adults who never received help when they were younger and whose lives are still ruled by eating disorder behaviour as well as suffering from medical and psychological

complications. Beyond puberty, there are other vulnerable periods like pregnancy, perimenopause, illness, or trauma, during which someone might develop an eating disorder for the first time. We also see eating disorders in boys and men – although they may present differently, they are certainly not limited to young, white girls.

### Misconception 3: Eating disorders are extreme and clearly distinct from regular dieting

Eating disorders are indeed extreme, but unfortunately the line between what is extreme and what is normal has become blurred, largely because certain behaviours that can be precursors to an eating disorder are widely accepted in our culture. Even a seemingly “harmless” diet can contribute to the development of an eating disorder, especially in individuals who are genetically, psychologically, and socially vulnerable (which is why eating disorders are so common among teens).

Dieting, food guilt, calorie tracking, compensatory over-exercise, body comparison, and the belief that a different (always elusive) weight or body shape will bring happiness are normalised and even praised in our culture, without anyone seeing red flags. The line between these “disordered eating” habits and a full-blown eating disorder is often unclear – and by the time it becomes physically or psychologically noticeable enough to get help, disordered eating may have already laid a strong foundation for the illness; it has, in a way, fuelled its development. (Disordered eating on its own can lead to serious psychological and medical complications, even if it never develops into a clinical eating disorder.)

### Misconception 4: Eating disorders are about food – you just need to eat more or less

Eating disorders are incredibly complex, with multiple risk factors (genetic, biological, social, and others) contributing to a person's vulnerability. Certain situations or life phases – like trauma, participation in elite sports, illness, social pressure, or dieting during puberty – can act as triggers that push someone deeper into illness. It's as if a switch is flipped, and the disorder takes on a life of its own. A pre-occupation with food (or the avoidance of it) becomes a physical way to cope with overwhelming and very difficult emotions. Although food and body issues may become the “stage” on which the disorder plays out,

*Continued on page 27*



the causes and need for healing go much deeper than normalising weight or "just eating." That's why dietitians work in a team with therapists and medical professionals.

There are many other misconceptions about eating disorders, but I've chosen to highlight these four for this article. The result of all these (and the many other) misconceptions is that help is sought too late. It's well known that most people with eating disorders only get help at a late stage – sometimes 5 to 15 years after onset.

If someone thinks they just have a cold, they won't go to the doctor. If they suspect pneumonia, they're more likely to seek help quickly. It's the same with eating disorders – if people think it's not serious, just a phase, the person

doesn't *look* sick enough or thin enough, or if the behaviour looks culturally normal, a vital cry for help may be missed. This often leads to the illness progressing further, requiring more complex intervention. The thought and behaviour patterns around food as a way of managing emotions are then deeply entrenched. Furthermore, it communicates to the person that their experience isn't valid, that their distress isn't recognised, and that they must simply outgrow it. Eating disorders have the second-highest mortality rate of all mental health disorders. Early intervention is crucial, and that's why – if friends and family notice someone developing any discomfort around food and eating – it's important to seek help sooner rather than later.



If you are uncomfortable in any way with the way you think about food and your body you may benefit from exploring that with a trained professional. It is possible to live a life where guilt and / or shame about food and your body does not have to be the norm. There really is more to life than that. Food freedom helps to create space for what is important to you.



**Carien Meyer**  
FOOD & BODY CONVERSATIONS

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## Fundi's

**D**ie swart hek kort 'n slimslot, een wat weggesteek is en van buite kan sluit as Steven nie daar is nie. Manlief kry 'n fundi wat die takie perfek verrig en voila, dis die begin van 'n lys fundi's in Nairobi. Hulle versool skoene, herstel plakkies, vervang pikstele, slyp pangas en sommer ook my skêr.

Die water is afgesny en ons kort 'n “munisipale fundi”. Na 'n halwe dag se staan in 'n ry by die munisipale kantoor, sonder sukses, het manlief twee “gewillige” meterlesers langs die pad gestop. Daar moet eers gereedskap gekoop word en tuis het hulle begin karring met die aansluitings en pype (sonder hul blinkswart skoene en met opgerolde broekspye), onder Steven se wakende oog (niks gebeur sonder hom nie!). Of Moses die kraan geslaan het of met hom gepraat het, Rafidim se water vloei na 'n aansienlike gemors en onverklaarbare werkswyse. Daar is geen logika nie en jy, of hulle, weet nie altyd wat hulle doen nie, maar dis hoe fundi's werk!

Die toilet is verstop! Steven trek sy neus op en probeer om met 'n lang riet die obstruksie uit die weg te ruim. Teen dié tyd het manlief ingegryp en beduie dat die beton opgekap moet word om by die pype uit te kom en die aanbevole fundi begin (Steven staan en kyk, hoed in die hand). Dit gaan jare vat. Hy vra vooruit betaling met die belofte om na ete te hervat en verdwyn plakkerskamp toe om handlangers en “tools” te gaan soek?!? Nou is Steven ontsteld en praat van kontrakbreuk!

MAAR die fundi daag laatmiddag op met twee handlangers en die einste klein sakkie gereedskap. Manlief kom ore in die nek laat van 'n vergadering en probeer 'n koppie tee sluk voor 'n videokonferensie. Intussen is die kat in die hoenderhok of eerder die doodsengel op ons drumpel. Die fundi het een of ander konkoksie aange maak om of wortels dood te maak, sement op te los of 'n wonderwerk te laat gebeur! Water gedrink sonder om sy hande te was en vir dood begin krul en kreun, dubbel gevou voor die deur! Ons storm trap-af, gooi melk in 'n bottel en beduie dat hulle dit in die man se keel moet afgooi. Dis baie ontstellend, ons probeer uitvind wat aangaan, hoe om die man by 'n dokter of kliniek te kry, wat hy ingekry het. Steven is net so bleek soos die fundi, asook die handlangers, ek wil weghol maar keer 'n boda-boda in die pad aan. Ons kry die man agterop (met moeite), 'n ander om hom regop te hou en stuur hom plakkerskamp se dokters toe. (Ek het toevallig saam met Steven al by die kliniek verbygeloop op pad mark toe). Gee eers geld vir die drywer en na 'n ruk is die drywer terug, die dokter soek nog geld en hy moet ook nog kry want hy moet terug dokter toe!

**“Daar is geen logika nie en jy, of hulle, weet nie altyd wat hulle doen nie, maar dis hoe fundi's werk!”**



*Die daaglikse lewe buite die hek*

Nou staan manlief (videokonferensie vergete), ek en Steven om die emmer dodelike onbekende gif, Steven is so bangat en wil nie eens asemhaal nie, wat sê nog aan die emmer raak. Ons maak planne: begrawe, uitgooi, verdun ... Die oorspronklike gifhouer het ons saamgestuur dokter toe en tussen Google en raai weet ons net dis Poison (met 'n kopbeen)! Op die ou end het manlief die emmer gevat en so kol-kol uitgegooi onder in die tuin (terwyl Steven sien hoe die hoë bloekoms vrek of dat hy gaan omkap as hy die gras sny!) Steven het die wasbak, krane, sy toilet en alles moontlik onder die tuinslang gestee, tot ek gesê het genoeg is genoeg, dis nou klinies skoon!

Ons is gedaan en ek gaan maak tee, vir ons almal met ekstra suiker in Steven s'n.

Die groot gemors is dat dinge in Afrika lelik kan raak. As die man op jou werf doodgaan of siek raak, is die polisie/plakkerskamp of familie op jou en dis tronksake. Dit gebeur meer as wat goed is om te weet. Ons begin die nag onrustig en ek luister fyn vir 'n gehamer aan die staalhek.

Steven het darem nuus dat die man 'n inspuiting weg het en nog lewe. Volgende dag het ons hom gebel, sonder reaksie. Ek begin drogbeelde sien van hoe ek vir manlief piesangs en water deur die tralies aangee. Maar helaas, twee dae later daag dieselfde fundi op en kap met dieselfde klein hamertjie verder ... Dit gaan stadig maar die plantwortels hang slap, daar is 'n gat in die beton en ons het alle gif verbied!

Nog 'n fundi-episode volg, nie heeltemal so traumaties nie, maar steeds dramaties genoeg!

Die grys Ford is gestamp (soos alle voertuie in Nairobi een of ander tyd) en die duike moet uitgeslaan word. Manlief hoor van 'n goeie fundi (hulle is almal goed?) en ry tot diep in Kawangware om die voertuig met blinde geloof te los by die “duikklopper-fundi”. Hy vang 'n “lift” agter op 'n boda en kom angstig tuis, mens se geloof vat jou net so ver voor die twyfel (of “common sense”) inskop. Die ander voertuie by die “workshop” is glo wrakke en die fundi se eie kar is “scrapyard” gehalte, volgens manlief.

Die volgende middag kom ons voertuig by die huis aan, met Titus wat laag oor die stuurwiel loer. Ek inspekteer die werk... nie sleg nie, net die dowwe kolle pla, Titus belowe om die volgende dag te kom “buff”.

Toe ek laatmiddag die kar onder die afdak wil trek, is hy morsdood en my moed sak in my skoene. Steven is dadelik by: “Yes, madam, that is what they do, they take the good battery and replace it with an old one!” Wat het hulle

*Vervolg op bladsy 29*



nog alles "replace", wonder ek en sit net daar in die dooie Ford en bel die fundi, terwyl Steven op sy elmboë lê en my aanky met 'n "I told you so" uitdrukking.

Titus arriveer in sy "scrapyard" motor en ek vlug huis-in terwyl Steven oorvat en beide onder die enjinkap verdwyn. Ek weet net een ding, daai man het geen wegkomkies tussen my en Steven voor die grys Fordjie se enjin nie brul nie.

Die storie eindig goed met 'n ekstra bonus... Die volgende dag is die fundi terug met 'n ander battery (dalk die oorspronklike?) en poets die dowwe kolle blink met Radox Shower Gel en 'n spons! (Onthou laasgenoemde vir toekomstige DIY jobs ... Geredelik beskikbaar en meerdoelig ...)



Vir my lê die pot goud nie aan die einde van die reënboog nie maar in die dam. Onder my eie eende, asook by die swane, ooievaars, pelikane, bleshoenders en makoue ...

Met ander woorde – 'n ontdekking van die gewone in die vreemde en andersom, van Suid-Afrika tot in London, Dublin, Nairobi, Kampala en Lusaka.

*Brenda Hugo*



As a leading non-profit, pro-life animal shelter located in Gauteng, South Africa, Woodrock Animal Rescue is dedicated to rescuing, rehabilitating, and rehoming our furry friends, ensuring that every creature, big or small, gets a second chance at happiness.

With over 500 adorable animals in our care, you'll meet lovable donkeys, playful pigs, friendly chickens, cuddly rabbits, gentle geese, affectionate goats, loyal dogs, and sweet cats, all eagerly waiting to steal your heart and become a cherished part of your life!

### Volunteer with us!

If you're passionate about animals or just eager to lend a helping hand, consider volunteering with Woodrock Animal Rescue! Our furry friends would be thrilled to meet you.

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### Paws @ Work & the Woodrock Cat Café

In 2023, Woodrock launched an exciting initiative: Paws @ Work - pet therapy for the corporate world!

Who knew that our furry friends could have such a significant impact on our mental health?

This inspired us to consider that it's not just dogs that offer mental health benefits, leading to the creation of our latest trendy spot, the Woodrock Cat Café.

So, who's ready for a cup of coffee and some kitten cuddles?

**Every tail deserves a happy ending!**





# Photos – A race against Time or Vanity?

by Dr Melodie de Jager



In his 2005 book *Beyond the Reach of Time and Change: Native American Reflections on the Frank A. Rinehart Photograph Collection*, Simon Ortiz observes how photography shaped – and limited – the image of Indigenous people. He writes:

**“Whether he wanted to or not, the real and actual Indian vanished into the image contrived by non-Indian interests, since he became, in some sense, acceptable then 'as an Indian', albeit an Indian fashioned, styled and – even literally – costumed so that he could be identified as nothing but an Indian.”**

This powerful quote reminds us that photographs can erase true identity. They often turn real people into stereotypes, shaped by outside expectations rather than authentic self-expression.

## soul:

Merriam Webster dictionary

*noun* \ˈsōl\: the spiritual part of a person that is believed to give life to the body and in many religions is believed to live forever.

## Native American Views on Photography and the Soul

Some Native American groups, and others around the world, believe that taking a photo can steal a person's soul, trapping it in silver halide crystals. At first, this idea might sound odd. But if we consider how film works and the basics of quantum physics, it begins to make a kind of spiritual sense.

Quantum physics teaches us that, at its core, everything is energy – matter, sound, light, even our bodies – all vibrating in different ways. And energy, by the laws of physics, can't be created or destroyed; it just moves or transforms. For example, when you eat fruit, the fruit's energy becomes part of your body, while the energy radiating from sunlight is trapped as chlorophyll and enjoyed in broccoli, spinach and other leafy green vegetables.

Film photography captures light – photons bouncing off a subject – and the film chemically reacts to that energy. In a literal sense, a sliver of that moment's energy is transferred into the film's image.

**“If the film absorbs the light – and that light carries some of the subject's energy – is the film capturing their soul? I believe the energy is there, but not imprisoned. Instead, I feel that the process spreads that energy. When someone views the photo, the subject's energy is re-emitted, blending with the viewer's own life force. A photograph doesn't steal your soul – it shares it. Film does this in a uniquely beautiful, connected, and magical way”,**  
says Ellen Goodman.

## The Amish and Photography

Most Amish people today will not pose for photographs. They view any physical representation whether a photo, painting, or film as a violation of the Second Commandment, which forbids making “graven images.” More than that, they believe such representations promote individualism and vanity, which conflict with their values of humility and community solidarity  
[PBSunderstandingamishculture.blogspot.com](https://pbsunderstandingamishculture.blogspot.com).

The selfie obsession stands in sharp contrast to the Amish view on photographs.

## The Selfie Obsession

### selfie (noun):

Merriam-Webster dictionary

self·ie /ˈsel-fē/ – a photo that includes yourself (often with others), taken by you using a digital camera, usually for sharing on social media [Merriam-Webster](https://www.merriam-webster.com/dictionary/selfie).

In today's digital culture, the selfie has become omnipresent – a modern form of self-portrait enabled by front-facing cameras and social media platforms.

The growing obsession with taking the perfect selfie has mental health experts worried about the psychological impact of our digital self-focus (digital narcissism). In a time when smartphones feel like part of us, the selfie trend has changed how we see and show ourselves to the world.

### digital narcissism (noun phrase):

Currently, Merriam-Webster does not provide a specific definition for “digital narcissism.”

### A selfie is ...

- a way to express yourself and be creative
- a boost to self-esteem and confidence
- a way to record your life
- a way to show your personality or style
- a way to get validation from others

As we continue to chase the perfect selfie, we may be unknowingly putting our mental health at risk. While taking selfies occasionally is harmless and can even be enjoyable, excessive preoccupation with self-images signals deeper concerns. But where exactly do we draw the line between harmless fun and unhealthy obsession?

*Continued on page 31*



As we continue to chase the perfect selfie, we may be unknowingly putting our mental health at risk. While taking selfies occasionally is harmless and can even be enjoyable, excessive preoccupation with self-images signals deeper concerns. But where exactly do we draw the line between harmless fun and unhealthy obsession?

### Signs of obsessive selfie-taking:

- Spending excessive time capturing and editing selfies, often at the expense of other activities.
- Feeling anxious, frustrated, or distressed when unable to take or share selfies.
- Repeatedly taking and deleting photos in pursuit of an unattainable "perfect" image.
- Prioritising selfies and online presentation over meaningful, in-person experiences.

Beyond the time spent, there's a psychological dimension to consider. Excessive selfie-taking can reinforce narcissistic tendencies. While not everyone who takes selfies is narcissistic, this behaviour can amplify a preoccupation with external validation and idealised self-presentation. Such fixation may foster an inflated sense of self-

importance, while diminishing empathy and genuine connection with others.

Moreover, the relentless pressure to maintain a flawless digital persona is linked to rising anxiety and depression. The curated perfection we see on social media feeds often leads to harmful social comparisons, where we measure our real, messy lives against others' polished highlight reels. This dissonance can deepen feelings of inadequacy, erode self-esteem, and create a cycle of seeking constant approval online to fill the gap.

### Parting Shots

If you're worried your selfie-taking might be getting out of hand, here are a few simple steps to help you find balance:

1. Recognise the difference between your online persona and your true self.
2. Set daily limits on how many selfies you take and how much time you spend on social media.
3. Put your phone down sometimes and focus on real-life moments and genuine connections.

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[Selfie Obsession: Mental Health Concerns and Solutions](#)



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## 'n Stukkie sin en samehorigheid

Wat begin het as 'n eenvoudige poging om aan pensioenarisse 'n veilige plek vir 'n kultuurryke uitstappie te bied, het gegroei tot 'n oggend vol betekenis en herinnering. Elke Dinsdag word die Voortrekkermonument 'n ontmoetingsplek waar senior burgers nie net kom onthou nie, maar weer ervaar en deel word.



"Ons het aanvanklik gesoek na maniere om ouer persone te bereik met iets wat hulle sou geniet, maar wat ook sinvol is," vertel Irene van der Merwe, projekbeampte van die Kultuurtuiste se Pensioenarisaanbod. "Vandag sien ons hoe hierdie oggende regtig lig bring in mense se week. Vir baie van hulle is die enigste keer wat hulle die huis of tuis verlaat, en weer moed skep."

**KLIK HIER VIR VOLLEDIGE ARTIKEL**



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Op die plaas was die kiwi politoer in die melkkamer onder die kas. Ons kinders moes altyd na skool sorg dat ons skoene in die melkkamer gepak word waar Ma sal sorg dat dit skoon kom. Dit was toe ons op laerskool was en die skoene bruin Bata Toughies. Ons het altyd die punte nerf-af gestaan en skop terwyl ons vir Ma voor Checkers na skool staan en wag. Maar, niks wat Kiwi politoer nie weer in die melkkamer kan regmaak nie.

Op hoërskool was ons op koshuis en moes ons self ons skoene politoer. Ek het nogal ewe 'n bruin en wit Kiwiblik gehad waarin my Kiwi politoer en borsel was. Op hoërskool het ons Grasshopper skoene gedra, want Batas was vir kinders en nie meer "cool" nie. Buitendien, al die ooms wat by Krygkor en op die dorp gewerk het, het ook Grasshoppers gedra en jy wou ook soos 'n oom lyk wat Peter Stuyvesant rook en brandewyn en Coke drink.

Ek het swart Kiwi politoer ook gehad. Dit was vir my rugbytoks. My toks was swart met sulke neon groen strepe aan die kant. Adidas toks. Ek het elke aand voor 'n rugbywedstryd my toks skoongemaak, want alhoewel jou toks weer op die veld vuil raak, het ek altyd met silwerskoon toks opgedraf, want Pa het altyd gesê: "n man wat se skoene of toks nie blink nie, vee ook nie sy gat af nie," en ek vee my gat af! So, ek borsel my toks blink.

En daardie drie neon groen strepe aan elke kant. Ek vat dan 'n lappie en sit tandepasta op en dan vee ek daai strepies weer blink, want die tandepasta vreet lekker die poli-

toer weg wat so oor die strepies lê.

Toe ek "army" toe gaan het ek so 'n ordentlike wit lapsak gehad waar al my Kiwi politoer en borsels in was, want "army" gaan saam met dissipline en dissipline saam met skoon skoene.

Saans het ek my hele hand binne in my "army boot" gedruk, hom opgetel en dan met mening met die Kiwi politoer geborsel en gevryf. Ons het later selfs geleer om die Kiwi politoer warm te maak oor 'n kers dat dit smelt en het dan die warm Kiwi waks oor jou skoene gevryf. Dit het meer blink aan die "boot" gegee, dan het jy een van jou ma se sykouse gevat en die "boot" blink-blink geborsel. Daar was niks wat 'n "boot" so laat blink as 'n sykous nie. En daar was niks wat 'n soldaat so laat windgat stap met daai "boots" as op 'n parade nie. Ons korporaals het dan altyd geskree: "daarsy manne, daarsy, strek uit daai bors en kry daai nugget gevoel in jou hol." Nugget was ook 'n skoenpolitoer.

So, Kiwi politoer bring beelde van blink skoene in die waskamervenster, of Grasshoppers tydens skoolinspeksie of 'n korporaals wat kwyl op my blink "boots".

Dit was eers heelwat later wat ek sou uitvind dat die Kiwi is eintlik so vet plompagtige voël in Nieu Seeland wat nie kan vlieg nie. Nou nie eintlik 'n dier wat pas by blink politoer nie.



**Bertie en Elizabeth Cloete**



'n Alles-in boek oor die Kruger Park, saamgestel deur die Koekedoor beoordelaar, tannie Elizabeth Cloete en haar skrywerseun, Bertie.

Die roetes wat jy moet ry. Dit wat jy moet doen en nie mag doen nie.

'n Ervaring tot mooi storie, 'n resep tot 'n gedig, 'n fabel tot 'n feit.

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In die eerste boek van die Bybel staan hierdie woorde:

“... STOF is jy, en tot STOF sal jy terugkeer ...”

In kerktal verwys dit na die skepping van die menslike liggaam en die liggaam wat weer sterf.

**S**o dink ek nou al lank oor hierdie STOWWERigheid van ons as aardbewoners. En soos 'n mens ouer word en van dinge leer en daarvoor lees, maak ek die volgende ontdekkings:

- Ons bestaan sowaar uit STOF, verskillendes en 'n hele klomp daarvan.
- Elke lewende organisme het dieselfde STOWWE, maar sy eie resept.
- Elke STOF, groot of klein, het 'n spesifieke funksie in 'n lyf.
- Ons is van unieke sterSTOFFASIE gemaak.



Ons liggame, soos alle ander lewende organismes, bestaan hoofsaaklik uit **ses hoofelemente** en ook nog 50 ander STOWWE (o.a. yster, sink, koper, mangaan, jodium, selenium). Dié hoofelemente of makro-elemente wat 98,5% van ons liggame uitmaak, is **suurstof** (O; 65%), **koolstof** (C; 18%), **waterstof** (H; 10%), **stikstof** (N; 3%), **fosfor** (P; 1%) en **swael** (S; 0,25%). Hierdie hoofelemente wat in alle lewende organismes voorkom, is nie net beperk tot biologiese sisteme nie; hulle kom ook in die **aardkors**, **water**, **atmosfeer** en selfs **sterre** in verskillende vorms en konsentrasies voor.



Jou liggaam is verder vol chemiese samestellings - water wat die grootste deel van jou liggaam uitmaak en alle organe gesond hou; proteïene - die “bakstene” waarmee jou liggaam gebou is. Vette gee jou energie, maar is ook die “verpakkingsmateriaal” wat belangrike organe beskerm. Koolhidrate is die “selfoonlaaier” vir jou liggaam - dit hou jou aan die werk, terwyl minerale en vitamiene - klein, maar superbelangrik - die “skroewe en moertjies” is wat alles bymekaarhou. En dan is daar nog DNS - die “instruksieboek” vir jou liggaam wat jou die unieke wese maak wat jy is!

## Nou hoeveel sal dit kos om jou te maak?

**Biologiese hoofelemente** se geskatte koste is ± R7 000 – R10 000 met water wat die vervaardiger net R10 sal kos, maar koolstof meer as R3 000. **Organe** gaan jou tussen R6 en 8 miljoen uit die sak jaag met die hart, niere en longe as die duurstes. 'n Mens moet natuurlik ook nog vir die **arbeid**, **navorsing**, **tegnologie** en **toerusting** van die wetenskaplikes betaal, so R15 – R20 miljoen. Die bou van 'n menslike liggaam kan dus R20 – R30 miljoen beloop!

MAAR jou unieke DNS is nog nie bygereken nie ... Dit bevat miljarde genetiese stringetjies en 'n wetenskaplike het beraam dat dit sowat R200 miljoen kan kos net om jou genetiese kode te bou en dan het jy nog nie eers 'n werkende liggaam of 'n persoonlikheid met emosies en herinneringe nie!

Probeer mense mense in laboratoriums maak? Jou virtuele soektog sal woorde oplewer soos *sintetiese menslike embriomodelle*, *organodieë*, *genoomprojekte* en *KI-gedrewe genoomgenerering*. Is dit eties reg? Is dit iets waarteen ons beskerm moet word? Is dit vooruitgang of die vernietiging van iets uniek? 'n Gesprek vir 'n ander dag ...

Jy is dus 'n ongelooflike kombinasie van goedkoop STOWWE en onskatbare kompleksiteit. Met ander woorde:

**jy kos min ... maar jy is absoluut onbetaalbaar!**



Karien van Huyssteen-Kleynscheldt is 'n uitgetrede taalopvoeder. Vir haar is die lewe sonder die towerkrag van woorde ondenkbaar. Sy glo ook dat hoe jy met taal omgaan, 'n duidelike prentjie van jou menswees teken.



# Being Grandparents – Grandma's magic

by Lize Bester

## KLIEK HIER VIR ARTIKEL IN AFRIKAANS

**H**aving a toddler around for the weekend is always a surprise waiting to happen. You never know what's waiting for you. It can be anything from a screaming baby, desperate to be reunited with his parents, or a playful little boy toddling around the house, causing chaos wherever he goes. The moments sometimes give you whiplash, and the mood can also change within the blink of an eye.

A two-year-old is a force to be reckoned with. They do everything with dedication, whether it's screaming in despair or playing their hearts out. They are a special brand of cuteness. It's so much fun when they start communicating, understanding what you say, and even following easy commands. This time, he comprehended what was going to happen when I told him we were going to bake his favourite strawberry cookies. He quickly turned and ran away. I thought he found something else to occupy him elsewhere, but the next moment he hopped onto the counter to join me! He found a plastic step stool, grabbed it, and ran to the kitchen with his prize in hand. He clambered onto the counter like a little monkey. I was too slow to stop him, so I explained to him that this time we would make an exception because he must help me with his cookies, but that little boys do not belong on high counters. He nodded with a serious face ... as if he comprehended and agreed.

He 'helped' with everything. He passed me the eggs; it was a vigilant counting manoeuvre. He counted everything in the recipe, played with the measuring equipment, and handed me the utensils. He even helped me mix the dough by holding the mixing bowl down while I stirred. Rolling the little balls was a challenge. One little ball on the baking sheet and one little ball disappears in the cheek. Soon, handfuls of dough disappeared into the gaping hole we call his mouth. He truly turned into a dough monster! In the end, a baking sheet was filled and placed in the oven. The excited little tyke couldn't sit still, and I managed to get him safely back on the floor, but only after a few mock falls to explain to him what can happen when little boys play on countertops. He watched his cookies bake while admiring himself in the glass of the oven door's reflection. It was simply fun watching him while waiting patiently for his cookies. He smiled at himself, pulled faces, and looked intently at his serious face when ogling the oven. The look on his face when the dough turned into his cookies, steaming from the oven, was priceless. The beeping of the oven when the timer went off sent him into a fit of giggles and shouts. He made sure I heard the beeping, indicating that the baking cycle was finished. It's amazing how quickly they catch on, even at their tender age. He knew that meant waiting was over. He was a bit crestfallen when he realized the cookies were hot, but he settled down patiently waiting for his cookies. A proper supper was not served after all that cookie dough, followed by a few red strawberry cookies with a glass of milk. He went to sleep a happy camper. Maybe the milk neutralized the sugar rush, you'll never

know. Magic happens when grandmas are involved, they say.

He woke up the next morning with a broad smile and ran to fetch his bucket of cookies. I tried to hide it the previous night, but the little man had huge plans of his own. He found his step stool, climbed on the counter, grabbed the bucket, and came barrelling into the room. I'm still wiping the sleep from my eyes, and he already found his cookies in the dark - without any help. I made a mistake thinking a dark kitchen would deter him. He managed all by himself. Not even a scary, dark kitchen stood in his way. He turned into the cookie monster in the early morning hours; he went at it even before sunrise. The only saving grace was the fact that he couldn't open the lid by himself. I got him there. He convinced me to open the lid (I was still sleepy and extremely gullible) and crammed his mouth with cookies. Man, he thoroughly enjoyed his early morning 'breakfast'. Yes, I know ... A real breakfast also didn't happen, just between us. I tried with real strawberries, banana, and yogurt - he was stuffed, jam-packed, chock-full, downright gorged on cookies.

After my morning coffee, I woke enough to play with him on his road play mat. Unbelievably, he played quietly and focused for a long time. I convinced myself that milk does neutralize a sugar rush and relaxed with my coffee, reading my book. From the corner of my eye, I saw him playing on the staircase. His feet on the top stair, his body stretched out down the stairs, playing calmly with his car on the floor. I was flabbergasted. Suddenly, I understood what his mom meant when she jokingly told me he is 'broken.' He does the weirdest, most unpredictable things; he is a unique little character.

*Continued on page 35*





Nap time came earlier than usual after his early morning, and he sleepily asked me to take him to bed. He joined his sleep buddy, a plush monkey, and I thought that was it. The next moment, he started undressing and dressing his monkey alternately. He put Mr Monkey in bed and patted him softly a few times. The next moment, he ran to the kitchen and returned with his Sippy cup. He gave Mr Monkey his 'bottle,' and he even tried to open its mouth in all seriousness. Then he got up again and went to fetch his toothbrush. It was time for Mr Monkey to clean his teeth as part of the nightly ritual, it seemed. I enjoyed the story and just watched him. He never communicated with me; he was wholly focused on his ministrations to settle Mr Monkey down for his nap. I saw him looking for something under the bed and left it at that.



Soon, I realized that the search had gone on too long and found him fast asleep on the floor next to his bed. Mr Monkey was tucked in, and he was tucked out on the floor. It was the cutest scene ever! I managed to get a pillow and blanket under him, covered him, and left him there where he fell asleep. It was a whopper of a nap, almost four hours before he woke up. I still don't know what sapped his energy; his cookie-monster morning, his upside-down playing, or putting Mr Monkey down for his nap? All I know is that baking his special cookies made his weekend, and that toddlers don't die from a sugar rush when they gorge on home-baked cookies. Milk serves as a beneficial dietary component, helping to counteract the effects of excessive sugar and artificial colourants consumption.

*It's Grandma's magic! It's my story and I'm sticking to it ...*

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### WHAT IS MYASTHENIA GRAVIS

Myasthenia Gravis, is a neurological disorder. It causes fluctuating weakness of the voluntary muscles of the body and can include a drooping eyelid, blurred or double vision, slurred speech, difficulty chewing and swallowing, weakness in the arms and legs, and difficulty breathing. Symptoms can change from day to day – even hour to hour, sometimes making MG difficult to diagnose. MG affects each person so differently it sometimes is called "the snowflake disease."

### MG IS AN AUTO-IMMUNE DISEASE

"Auto-immune" means that the body is attacking itself. The most basic way to explain this, is to say that MG causes our bodies to make antibodies that work against our own nerves and muscles. MG is not contagious. Men, women and children can get MG. It is most common in women.



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# Boeboe en Baboe

deur Sariana de Bod

## Voëls in die tuin

**V**oëls woon in die bome en bou hul neste waar Peanut, Gemmer en Roelien, die drie katte, en Baboe nie kan bykom nie.

In die ou boomstomp op die grasperk het 'n houtkapper en sy familie gewoon. Houtkapper- mannetjies het helder-bruin, oranje en wit vere. Die mannetjie het 'n ronde gaatjie in die ou boomstomp gepik en nes gemaak binne-in die stam vir die wyfie om te broei. Houtkappers is baie skaam. Sodra iemand te naby sou kom, kruip hul diep weg binne-in die nes in die boomstam. Ongelukkig het die trop bobbejane, een dag toe Oupa en Ouma nie tuis was nie, die ou boomstam afgebreek en die houtkapper se nes verniel. Gelukkig hoor ons nog steeds die kap-kap geluid waar die houtkapper-mannetjie nou weer 'n nuwe nes begin maak hoog teen 'n palmboom.

Die fisante is groter as die ander voëls en kom elke dag vanaf die bosse om rou groenteskille te eet wat Ouma vir hulle uitsit. Hulle is soos wilde hoendertjies vir Ouma. Hulle is nie eers bang vir die katte nie, want hulle is groter as die ander voëls.

In die kloof naby die huis woon vinke in pragtige nessies. Die heldergeel vink-mannetjie bou 'n nes van strooi, stewig geheg aan 'n tak of riet, dikwels oor water waar slange en katte nie kan bykom nie. Die wyfie sal die nes dan besigtig en goedkeur. Indien die wyfie nie van die nes hou nie, verniel en breek sy die huis, en die mannetjie moet weer 'n nes bou totdat sy tevrede is. Die meeste voëlwyfies se vere is vaal van kleur, sodat hul minder opsigtelik is vir ongediertes terwyl hul die eiers uitbroei. Die mannetjies is gewoonlik helderkleurig.

Swaeltjies is migrerende voëls. As dit herfs is, voor die winter in Suid-Afrika, vlieg hul in swerms na Europa waar dit dan somer is, en gedurende die Suid-Afrikaanse lente vlieg hulle weer terug. Swaeltjies bou 'n baie netjiese nes van modder met 'n gang vir die ingang. Binne-in die nes maak hulle 'n sagte vere-bed vir wanneer die kuikentjies uitbroei. Ouma gee glad nie om as die swaeltjies modder mors op die stoep nie, want die aankoms van die swael-

tjies beteken dit is lente en die somer is naby. Dit is die mooiste tyd van die jaar om in die tuin te werk.

Jangroentjies is pragtige klein groen voëltjies met lang snawels en suig die nektar uit die aalwyne se blomme.

Mossies is maar lastig. Hulle maak rowwe nessies van stokke en blare op enige plek en ook op die dak wat dan ons geute verstop.

Vroeg soggens is die tuin vars en vrolik as die voëltjies sing en die tortelduiwe koer. Dit klink of hul met mekaar gesels. Dit is soos musiek in my ore.

### Slange in die tuin

Slange is giftig en gevaarlik vir diere en mense. My hoofsaak is om die kinders te beskerm. Dit is waarom ek altyd saamloop waar die kinders loop. Kyk asseblief altyd voor jul voete.

Pofadders is lui slange en lê doodstil sonder om weg te seil. Mens kan maklik op hul trap, omdat hul nie wegseil nie. Sadie het 'n baie groot pofadder by die wasgoeddraad gesien. Willem het een in die rivier gekry. Peter en klein-Lisa het die eerste keer gesien hoe 'n pofadder lyk.

Boomslange is baie vinnig, maar gelukkig ook wild. Al is hulle van die giftigste slange, gaan hulle net in die bome om voël-eiers te eet. As 'n boomslang naby is, vlieg en raas al die voëls saam om die slang te probeer wegjaag.

Geelslange, ook genoem die Kaapse Kobra, het 'n geel kleur en eet muise en kan in die huis gaan as die deur oop is. Hulle is baie astring! Ek moes al een wegkeer wat op die stoep wou opseil!

Baboe is baie bang vir slange. Hy rol die klippe op Ouma se rotstuin om op soek na goggatjies, maar as iets soos 'n slang lyk, laat spaander hy so vinnig soos weerlig en maak groot geraas!

## IN PLAY IN

**Speelstasie**



'n Speelstasie vir seuns en dogters en almal wat wil saam speel vir kosbare interaksie. Maklike vinnige opstelling, bêre op koffietafel, skep kwaliteit-speeltyd en stimuleer kreatiwiteit binne of buite.

IN PLAY IN se Plaas en Safari tema is verweef met Boeboe en Baboe se plaasstories.



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# Waar leer begin lééf!

**W**anneer huiswerk en skoolwerk deel word van die werklike lewe.

"Ma, hoekom moet ek Wiskunde doen? Ek gaan nooit in my lewe breuke gebruik nie!"

As jy al hierdie woorde gehoor het, is jy nie alleen nie. Ouers regoor Suid-Afrika sug saam elke keer as huiswerk meer soos 'n oorlog voel as 'n leersessie. Maar wat as leer nie net agter 'n lessenaar hoef te gebeur nie? Wat as huiswerk en skoolwerk kan gebeur ... in die kombuis, op die strand of selfs by Spar?

Dis tyd dat ons kinders se "leerwêreld" groter maak as net 'n klaskamer of 'n studietafel. Wanneer leer begin lééf, gebeur daar iets "magical": Kinders raak nuuskierig!

## Nuuskierigheid: Die groot geheime krag van leer!

*Nuuskierigheid is soos daardie ekstra skeppie roomys ná ete – jy't dit nie nodig nie, maar dit maak alles beter. 'n Nuuskierige kind wil weet hoekom, hoe en wat nou? – en daardie vrae is goud werd. Kinders wat vrae vra, leer vinniger en onthou langer, want hulle is deel van die ontdekking. As jy wil hê jou kind moet nuuskierig wees, moenie altyd al die antwoorde gee nie. Vra saam, dink hardop en as hulle eendag vra: "Kan 'n aartappel regtig 'n liggie laat brand?" sê jy: "Kom ons toets dit!" Dis hoe jy nie net kennis bou nie, maar ook die liefde vir leer laat groei – een snaakse vraag op 'n slag.*

## Die winkel is 'n Wiskundeklas!

Volgende keer as julle saam gaan inkopies doen, gee vir jou kind die lys en sê hulle moet bereken hoeveel dit alles gaan kos. Laat hulle pryse vergelyk, afslag uitwerk en self besluit of die groter pak regtig goedkoper is. Dis Wiskunde. Dis logika. Dis "life skills", baby!

Kinders leer nie net deur lees en skryf nie – hulle leer deur te doen. Wanneer jy hulle betrek by die werklike wêreld, ontwikkel hulle nie net akademiese vaardighede nie, maar ook selfvertroue en besluitnemingsvermoë.

## Spelling in die kombuis? Ja, asseblief!

Terwyl jy sop roer of kosblikke pak, gee jou kind die taak om 'n kort storie of resepte neer te skryf. Gee vir hulle woorde soos jellie, wortel en bakpoeier en kyk wat hulle skryf. Moenie verbaas wees as daar 'n "mine-craft jelly explosion" opduik nie. Kreatiwiteit én spelling in een.

Gesinsaktiwiteite wat leer sonder dat dit voel soos werk:

- Bordspeletjies soos Scrabble en Uno: Taalvaardighede, telvaardighede en die kuns van wen met 'n glimlag!
- Kunsprojekte: Laat hulle hul eie boek maak oor iets wat hulle by die skool leer – dis 'n kombinasie van lees, skryf en visualisering.
- Stories vertel van jou kinderdae: Kultuuroordrag + luistervaardighede = wenresepte.

## Die geheim? Moenie altyd sê dis "vir skool" nie.

Sodra jy sê: "Kom ons doen jou huiswerk" gaan hulle oë begin rol. Sê liever: "Kom ons kyk wie eerste al die groente raaksien wat met 'n 'w' begin." Dan is jy skielik die "cool" ouer met die "lekker speletjies" en intussen leer hulle nog steeds.

## Laaste gedagte:

Leer is 'n lewenswyse. 'n Nuwe manier om elke dag te ontdek – in die tuin, op die sypaadjie of in 'n storie voor slaaptied. Geniet die lewenslange leer saam met u kind.

**M** = mededeelsaam

**I** = integriteit

**K** = kreatiwiteit

**R** = respek

**O** = omgee

*'n Gelukkige kind word 'n gelukkige volwassene  
en as ouer speel jy 'n kardinale rol in die  
ontwikkeling van jou kind om 'n  
betekenisvolle plek in die  
samelewing vol te staan!*



**LAERSKOOL  
MIKRO**



...waar kind nog kind kan wees...



# How did you get where you are today?

by Chandré White

I had an interesting conversation recently, one that came a bit out of left field for me: "How did you get where you are today?" At first, it made me laugh – I don't feel like I've "made it." But the question stayed with me. It made me think: How would I know that I've truly "arrived"?

The funny thing about "success" is that it keeps shifting. You know this – each time you hit that goal – the promotion, the financial breakthrough, or whatever it is – the bar moves higher. In your twenties, having "made it" might have meant landing your first job or buying your first car with your very own money. In your forties, it might have been becoming debt free or being able to send the kids to university. The point? Success isn't fixed – it evolves along with us.

What I've noticed though, is that in the rush of chasing the next thing, I often forget to pause, recognise and appreciate how far I've already come.

But I don't want this article to be about my journey. I want it to be about yours. It's an invitation to reflect and celebrate your past wins, maybe realise some things, and perhaps even redefine what success really means for you.

The funny thing about "success" is that it keeps shifting.

## Look Back

When was the last time you stopped to reflect on your achievements? Not just the big, obvious milestones, but also the quieter victories along the way? Maybe you:

- Left a job that no longer served you and took the plunge to find something that makes you happy.
- Raised extraordinary children while balancing the demands of work.
- Survived seasons of uncertainty and came through stronger on the other side.
- Volunteered your time or talents in ways that made a difference, and it ended up changing your whole career path.
- Moved or started over, and it's the best decision you have ever made.

These are all wins. But we brush past or even forget these moments because they don't always come with certificates or recognition. Often, the times you showed up when you didn't feel like it or kept going when no one was watching are the victories that shape you the most. Looking back builds perspective and gratitude.

There's something that will always stick with me: "Life is about the Journey, not the Destination." Apparently, it

was Ralph Waldo Emerson who coined this phrase. What it means to me is to not run so fast that you miss all the flowers along the way. Moving too fast makes everything around you a blur. Your journey is the best part of life.

And what if you could inspire someone by sharing that?

## Share Your Journey

You may not feel like an expert, or that you've "made it" – I certainly don't. But what surprised me while having this conversation the other day was the genuine hope that it stirred in the other person.

Look, my story is messy – not at all the streamlined, perfect version that I dreamt about when I was 20 whilst looking out over the sea, cocktail in hand. And your story might feel as messy as mine, maybe even messier. It still matters. Sharing it could spark courage, perspective, or even a path forward that the other person hadn't considered.

From this I've learnt that you don't need a perfect, polished career to inspire someone. Often, it's the twists, setbacks, and leaps of faith that others relate to the most. Think of someone in your life who could benefit from hearing your story – someone who's starting out, a colleague feeling stuck, or a friend considering a new path. Sometimes a single conversation can shift someone's perspective entirely and plant seeds of hope. After all, you've been through some things!

Maybe this will help: What are the things that you can point out that made a difference in your career? Was it persistence? Relationship-building, or your willingness to learn? Was it because you had the courage to be scared, and did it anyway?

## Define "Success"

How do you know if you've "made it"? The answer depends on how you define success.

For many people, the first thought is money – financial comfort, security, the ability to pay for the things you want. And while money matters, it isn't the whole picture.

Success can also be about the things that don't show up on a payslip or a CV. It can mean living in alignment with your values, nurturing strong relationships, or having the freedom to spend your time in ways that bring joy. It might be the ability to say no to what drains you, or yes to what excites you.

*Continued on page 39*



For some, success is balance – knowing when to work and when to rest. For others, it's growth – continuing to learn, explore, and try new things, even later in life. And for many, it's contribution – leaving a legacy, passing on wisdom, or simply making a difference in someone else's story.

Remember though, your definition of success doesn't need to stay the same forever. What mattered to you ten years ago might not matter today – and that's not failure, that's growth. Redefining success is part of the journey.

There's no single definition that fits everyone. The real question is: What does success mean to you, here and now? Because until you define it for yourself, how will you know when you've arrived?

## In Closing

After reading all of this, I invite you to pause and really look back.

What were your wins? What did you overcome? Which moments changed and shaped you?

*How did you get where you are today?*



### CHANDRÉ WHITE

Head of Operations | Remote Worker | Writer | Artist | Dog Mom

By sharing real stories from remote work and life, I hope to spark reflection, inspire growth, and remind you to build the life you deserve.



Let's **CONNECT!**

## Die Vallei

deur JLM Vermeulen

Diep in eeue van rus  
Die vallei en berge wat rus  
Soos die plooi van 'n oue  
Lê die kloue se voue

Water uit lowerende kloue  
Kartelende druppels  
Murmeland oor klippers  
Dan bruisende stromeuullers

Die vallei se dors geles  
Voëltjies bou nes  
Plant en blom toon hul bes  
Die natuur volmaak die res

In skemer klowehange  
Teen sonbelaaide krans  
'n Disa met bloedrooi wange  
'n Arend wat op lugstrome dans

Rus voort ou vallei  
In eeue gesus  
Soos plooi van 'n oue  
Lê jou kloue se voue

FOTO: LIZE BESTER





# Lessons learned when our house was destroyed in a veld fire

by Annie Lamprecht

**D**uring a veld fire in September of 2019, our beautiful home went up in flames and there was nothing we could do but watch. By the time we realised that the roof was on fire, it was too late to save anything. Everything that we had was destroyed and there was nothing left of our 51 years together. It was absolutely devastating and although our lives were spared, all that was left now were memories. I do not wish this experience upon anyone, but there are lessons to learn should you be in such a situation.

## LESSON 1: INSURANCE

We all believe that this will never happen to us and most of us are under-insured. We were! Our insurance paid out the amount we were insured for, but only because the house was completely destroyed. Make sure what your insurance policy states about being under-insured. We now had to buy a house, furnish it and buy clothes etc. Fortunately, we were able to move our car out of harm's way.

## LESSON 2: ESSENTIAL DOCUMENTATION

### Identification and Important Documents

Make digital copies of:

- driver's licenses
- passports
- ID's
- Birth Certificates
- Marriage Certificates
- Ante-nuptial Contracts
- Insurance Policies (home, auto, health, life etc.)
- Last Testament
- Qualification Certificates etc.
- Bank and financial details
- SARS information

Have a safe place to store them where they are easily accessible. An airtight container in a hole in the ground far from water and buildings are a safe bet.

### Medications

Make digital copies of:

- Any prescription and chronic medications,
- If possible have daily medication for at least two days in your handbag or in the car.

## LESSON 3: A GO-BAG

Prepare a "go-bag" with essential items like:

- Drinking water
- Non-perishable food items

- First-aid kit with bandages, antiseptic wipes, pain relievers, etc.
- Flashlight with extra batteries
- Multi-tool or pocketknife
- Face masks
- Blankets
- Change of clothes
- Small amount of cash

If it is possible have this and your handbag or purse locked in your car. Park the car in a safe area out of harm's way.

### Additional Considerations:

#### Pet Supplies

If you have pets, pack food, water, leashes, and any necessary medications.

#### Important Photos/Personal Items

If time allows, grab a few sentimental items, photos, or cherished belongings.

#### Know Escape Routes

Identify at least two escape routes from each room in your home and practice fire drills.

#### Meeting Place

Establish a designated meeting place outside your home where everyone can gather after evacuating.

#### Utility Shut-off:

Learn how to safely shut off gas, electricity, and water before evacuating.

#### Communication

Have a plan for how you will communicate with family members and emergency services.

#### Secure Your Home

If possible, close windows and doors to help slow the spread of fire.

#### Leave When Ordered

If there is an evacuation order, leave immediately and do not try to return for belongings.



### Annie Lamprecht

In December 2005, my husband Erich and I retired to beautiful Hephzibah, where our home was lost in a 2019 veld fire. God blessed us with a riverside home. We embrace life and love exploring. *Carpe Diem!*





# Walking towards the light – a hike with history in the Klein Karoo

by Nadja Myburgh

Photos: Reana Swart  
& Desmond O'Connell



As a hiker, I've walked routes that demand ropes and routes that demand patience. Yet some trails stand out not because of their difficulty, but because of the stories they carry. Stanley's Hiking Trail in Ladismith is one such path – a climb where natural beauty meets living heritage. And there is something profoundly symbolic in the act of walking towards the light.

On the trail that winds up the rugged Klein Swartberg mountains, this metaphor takes on a literal and historical shape. The route, with its steady ascent and panoramic views, leads hikers not only on a physical journey, but also towards a beacon of heritage: Stanley's Light, a signal that once guided farmers and townsfolk on the availability of water – a symbol of survival and connection between the mountain and the community.

Stanley's Light, affectionately known as *Oom Stanley se Liggie*, was created in 1963 by Ladismith resident Stanley de Wit. Ingeniously built from a bicycle lamp and a dynamo powered by a mountain stream, it used the flowing water to generate power and illuminate the light. Positioned halfway up the Elandsberg Mountain, it served as a natural water gauge: when the stream flowed, the light shone, reassuring the town below of its lifeline. In a semi-arid region where water meant survival, the lamp became more than a device – it became a messenger of hope. Stanley de Wit once explained, "The mountain is my child ... That's why I put a light in his hand." To this day, it remains a beloved symbol of resilience and ingenuity.

Recognising its cultural and ecological value, the Ladismith Tourism Bureau, together with a community initiative, has worked to make the trail more accessible. The original dynamo has been replaced with a solar-powered system, and the once rugged climb is now cleared and maintained to showcase the ingenuity of early inhabitants, the unique fynbos ecology, and the enduring importance of water in the Klein Karoo. These efforts have transformed the path into a celebrated attraction, welcoming both seasoned hikers and curious visitors.

For an experienced hiker, the climb to the beacon is not the most technical, but it is one of the most rewarding. The trail winds through hardy fynbos and rocky ridges, offering sweeping views of Towerkop peak and the vast Klein Karoo. It strikes a perfect balance: challenging enough to keep a walker sharp, yet accessible to those who prefer a slower pace. But the true reward is something richer – a chance to walk alongside history, guided by a light that once indicated life itself.

If you find yourself in Ladismith, take the trail. Follow in the footsteps of those before you, and when you reach the beacon, let its history remind you that every journey is part of something larger than the climb. In the reassuring glow of Stanley's Light, nature and heritage converge, illuminating the path for all who walk towards it.



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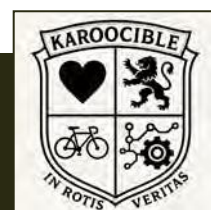
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in the Klein Karoo

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# IF I KNEW THEN WHAT I KNOW NOW

by Teršia de Wet, 072 646 1000

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**They say hindsight is 20/20 – but it's more than that. Hindsight is wise, funny, a little sassy, and often comes with a raised eyebrow and a deep sigh.**

**L**ooking back, there are so many things we thought were urgent, important, even life-defining ... only to find out they were just moments passing by in the rush of youth.

If we knew then what we know now, we would probably have **stressed far less** about how we looked or whether our houses were immaculate before visitors arrived. Instead, we would have welcomed people in with a smile and a slice of cake, clutter and all. **People remember the way you make them feel, not the dust on your coffee table.**

Back then, we were often too busy trying to “get it right” – the right job, the right partner, the right lifestyle. We planned so carefully and often forgot to live in the moment. If we could go back, we would most likely tell ourselves that it's okay not to have all the answers. It's okay to change your mind, take the long way home, and laugh at your own mistakes.

**Perfection is overrated. Authenticity is the real gem.**

One of the great gifts of growing older is learning to slow down, not because we have to, but because we choose to. If we knew then what we know now, we would have paused more often to notice the sunrise, listen to the birds singing, or just sit quietly with a cup of tea and a good thought.

Years ago, we used to chase things – recognition, approval, the next step up the ladder. Now, we chase peace, purpose, and people who make my heart feel at home.

Back then we struggled to say “no,” even when we were tired, overwhelmed, or simply not interested. We now know that “no” is a full sentence and a powerful one. It gets easier to say no and not feel guilty about it at all. We now only say “yes” to things that light up our spirit, as it is

vital to our being. Challenge yourself to say yes to trying that art class, starting yoga, writing a poem, or learning to dance, even if you've got two left feet.

**The joy of trying something new doesn't diminish with age – it deepens.**

If we knew then what we know now, we would have maybe called our parents more often, hugged our friends longer, and said “I love you” without hesitation. We would have forgiven faster, not for them, but for us. Relationships are the true treasures in life, far more valuable than possessions or praise.

**Let go of grudges. They're heavy. Make space instead for laughter, understanding, and those who bring warmth to your soul.**

One of the best-kept secrets of aging is that it's **never too late**. Too late for what? For joy. For change. For softness. For becoming the person you were always meant to be, without all the pressure and pretence.

If we knew then what we know now, we wouldn't fear getting older – we would celebrate it. These years are rich with freedom, wisdom, and the beauty of not needing to prove anything to anyone. You have made it this far, and that's something worth applauding.

So, if you are reading this and you are over 60, know this: your story is still unfolding. **Your presence matters. And you have more to give, to learn, and to love than ever before.**

**If we knew then what we know now ... we would have looked forward to this season of life with open arms and a twinkle in our eyes.**



**Connect**

**Uplift**

**Educate**

**Support** vervolg op bladsy 43





# Help ons toekoms

deur Bertie Cloete

Deeltydse lektor in Internasionale Handel en Finansies

**L**aat ek net eerstens verklaar, ek het so 'n paar weke terug 59 geraak, so ek is definitief nie meer jonk nie, maar ek het die groot voorreg om met baie jongmense saam te werk en ook die wêreld deur hulle oë te sien.

En, ons weet tog dat baie van ons ouer mense sal opmerkings sal maak soos: "Kyk net hoe trek vandag se jong mense aan" of, "In my dae mag ek nie eens in 'n meisie se kamer gekom het nie, nou slaap die meisies oor by seuns," ens.

Maar kom ons kyk 'n bietjie na die nuwe wêreld waarin vandag se jongmense moet leef:

Ek het op 20 my eerste motor gekoop en op 23 my eerste huis. Nie een van my kinders, sommige al in hul dertigs, kon nog 'n huis bekostig nie. Nou hier is heelwat redes en waarhede ingesluit hierin. Die eerste is dat inkomste- en verdienstepatrone nie meer tred hou met die koste van goedere en dienste nie. Hetsy 'n motor of 'n huis of net basiese behoeftes.

Die tweede is dat die wêreld een ongelooflike kompetende plek geraak het. As 'n voorbeeld: veertig jaar terug het jy 'n blikkie koeldrank vir 60 sent verkoop. En dit was dit. As jy dit vandag vir R10 probeer verkoop, gaan verskeie kliënte vir jou sê dat hul dieselfde koeldrank goedkoper en afgelewer by hul huis kan kry deur Takealot of Amazon. Veertig jaar terug was daar nie 'n Takealot of 'n Amazon nie. Die wêreld het net soveel meer kompetender geraak.

Vandag moet die man en die vrou werk om 'n gesin aan die gang te hou. Hulle kan dit ook nie meer bekostig om soos in my oupa en oma se tyd, 12 kinders te hê nie. Hul het net een of twee, dit is al wat hulle kan bekostig.

So, volgende keer, vergeet maar van die jongmense se kleredrag wat jou irriteer, dit is die minste van hulle uitdagings. Hulle uitdagings lê soos 'n berg voor hulle. Daarom is dit beter om hulle al ons liefde, ondersteuning en hulp aan te bied. Hulle het dit baie nodig.

*Hulle is ons toekoms!*

## Hi, my naam is Mandy

**I**n die weermag kom die manne mos maar met baie snaakse dinge op om hulself te vermaak. Na maande se opleiding is hul veel fiker as enige Olimpiese atleet, maar is hul hormone ook al dakhoogte weens die tekort aan kontak met die skoner geslag.

Twee manne beraam toe 'n plan om die hormoonprobleem net so 'n bietjie uit te buit. Hul kry 'n ekstra groot plakkaat van 'n pragtige meisie met skraps klere en plak dit vas agter 'n toiletdeur. Hul vat toe 'n groot dikpunt swart khoki en skryf oor die plakkaat. Hul skryf egter groot in die begin en al hoe kleiner na die einde toe, sodat jy behoorlik na vore moet leun, waar jy op die toilet sit, om te kan sien wat daar staan.

Wanneer jy dan op die toilet gaan sit het, lees jy:

"Hi, my naam is Mandy.

Ek is van Pretoria.

Ek soek graag enige ou wat by my kan probeer kers vashou.

As jy dink jy is mans genoeg,  
kan jy my kontak by:

as jy nie nou oppas nie, skyt jy op die vloer!"



## BROKKIES

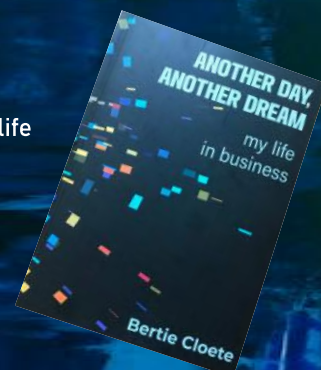
deur Bertie Cloete

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[bertiecloete2@gmail.com](mailto:bertiecloete2@gmail.com)





## QUESTION: Should I be concerned about what my Cockatiel (includes Lovebirds and Budgies) eats?

**Answer:** Providing adequate nutrition for a Cockatiel entails more than simply sustaining its life. Nutrition is often overlooked in the care of pet birds. Owners may believe they are providing an appropriate diet for their Cockatiel, but this is not always accurate. Poor nutrition can contribute to various health issues. Regularly reviewing and updating a bird's diet is recommended, using reliable information and practical judgement. Consultation with a veterinarian regarding nutrition is advisable.

**Key ideas:** The primary objective should always be to support its overall well-being and vitality. The bird's health is fundamentally dependent on the quality and variety of its diet. Nutrition is often the most overlooked aspect of avian care, with many owners mistakenly believing they are offering appropriate nourishment (commercially sold Cockatiel Seed Mixes), when that may not be the case. Such oversights are a common cause of numerous health issues and even death. Continuous efforts to enhance the bird's diet are essential, requiring diligent research, critical evaluation of information, and the application of sound judgment.

[CLICK HERE to read in previous edition about what to feed your parrot](#)

[KLIEK HIER vir artikel in Afrikaans](#)

Cockatiels require a diet consisting of various grasses, assorted types of seeds, different fruits and vegetables, and mixed berries. These birds can easily develop obesity and other diet-related issues, such as feather picking, egg binding, and even weakness and paralysis. It is always necessary to ensure their diet remains well-balanced.

A primary concern when providing a Cockatiel with a large container of commercial seed mix as the only diet is the tendency for the bird to selectively consume only one or two of their preferred types of seed. Typically, millet and sunflower seeds are specifically chosen over other options. These types of seeds are high in fat and particularly deficient in calcium and vitamin A. This, of course, is what leads to further malnutrition. Seeds are most convenient; they're available everywhere, store well, and are very easy to feed. Although Cockatiels do eat seeds, they would naturally consume a far greater variety of seed types and fruit in the wild as different plants come into season. An all-seed diet is high in fat and only provides an imbalanced source of nutrients, leading to ill health and potentially shortening the life expectancy of your Cockatiel. Commercial seed mixes may contain only 4 – 10 different kinds of fatty seeds and nuts, which lack proper nutrition. When a smaller amount of self-mixed quality seed is offered, it is most likely that the bird will eat a greater variety of seed. The secret: Offer less, and they will eat better. Seeds should make up just 20% of their daily diet.

It is recommended that grains constitute 30% of their daily diet, with a soup cooking mix serving as a convenient option. Grains should always be provided in cooked form. Grains can include Amaranth, Barley, Quinoa, Buckwheat, Brown Rice, and Corn kernels.

It is generally recommended that birds be offered wholesome and nutritious foods that are suitable for human consumption. Fruits, vegetables, and greens should comprise approximately 50% of a bird's overall diet. Incorporating variety might sound difficult and time-consuming, but you can make feeding easier by learning to prepare

chop, i.e., meal planning for birds. 'Chop' refers to a mix of finely chopped fresh, nutritious foods for your bird that you prepare in a big batch and freeze in meal-size portions. That way, you don't have to worry about washing and cutting produce daily. Fresh produce is a great addition to your bird's diet. You can offer fruit and vegetables in different forms to entice the bird to try them. The smaller birds like wheat grass, carrot leaves, beet leaves, kale, collards, turnip greens, mustard greens, Swiss chard, dandelion, and herb leaves. Sprouts and microgreens are superfoods for birds. Avo and tomato leaves are toxic to birds. Fruits and vegetables must be washed thoroughly to remove chemicals. Chop and grains ('wet food') should be offered in a separate dish.

Pellets, crumbled, and hand-feeding mashes are designed to provide birds with the required nutrition. Various formulations exist for specific life stages and the management of certain diseases. Hand-raised birds typically transition to a pelleted diet more readily. Pellets are generally considered an appropriate diet, so it is advisable to gradually transition your "seed-eating" birds to a pelleted diet. The process of converting seed-eating junkies to a formulated diet can be quite challenging. Mature Cockatiels, particularly, may require more time to adjust to pellets. As a new item in the cage, pellets may not be

*Continued on page 45*



**"THE SECRET:  
Offer less, and  
they will eat  
better."**



immediately recognized as food. It is recommended to reduce seeds gradually over several weeks while keeping some pellets available in a separate dish throughout the day. Some individuals mix pellets with a smaller portion of seed to encourage acceptance in the cage; however, it is important to note that birds are unlikely to consume a pellet accidentally. Adjusting a bird's diet can require several days, weeks, or months. Groups of Cockatiels may have a higher likelihood of transitioning from seeds. Monitor your bird very closely during this conversion period. It can be a stressful time for both you and the bird. **Consult your veterinarian if you encounter any problems with this adaptation or your bird's health.**

Be sure to **NEVER** withdraw seeds entirely without first being certain the bird is eating the formulated foods as well as some grains, fruits, and vegetables. Although birds may exhibit persistent behaviours, they are capable of being trained; maintaining patience throughout the process is essential. Remember, you train the bird; do not let it train you.

You should feed your bird three meals per day. Breakfast comprised of finely chopped vegetables and leafy greens, served alongside cooked grains. Fruit and sprouts for lunch, and dry seed mix for supper.

### Tips

- Always monitor the amount of food eaten every day by each bird. Typically, Cockatiels may be provided with 1.5 to 2 level teaspoons of seeds per bird each day in a shallow dish, with the exact amount depending on the individual bird's size.
- Offer fresh and pure water every day.
- Offer fresh seed and pellets every day.
- Offer finely chopped fresh fruits and vegetables every day.
- Clean all food and water dishes daily.
- "No" to a food item one day does not mean "no" forever; they change their minds often – KEEP TRYING!

Treat your bird like a toddler, provide it with a wide range of food items each day, and consistently encourage the transition to a healthy diet.

*Patience pays!*

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Richard Meyer is a young entrepreneur who loves nature. He sells greeting cards of his art and photography, as well as bird feeders, fire lighters and wood carved knives.

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# En as die kraan toegedraai word?

deur Dr Wynand Vlok

Hierdie stelling het 'n dubbelsinnige betekenis. As ons opperulakkig kyk, mag u dalk dink dit gaan oor water, 'n tema in talle van die vorige artikels. En dit bly steeds iets wat elke dag ons lewens raak en beïnvloed; dit gaan nie somer maklik verander nie.



Maar vandag gaan dit oor 'n ander soort kraan, die bloukraanvoël (*Grus paradisea*), wat bekend is as een van die nasionale simbole uit ons ryk natuurlike omgewing. Daar is vyf organismes uit die plante- en diereryk geneem om as ikone te dien wat die biologiese diversiteit in ons land verteenwoordig, naamlik die Koningsprotea (*Protea cynaroides*), die Opregte geelhoutboom (*Podocarpus latifolius*), die Springbok (*Antidorcas marsupialis*), die Galjoen (*Dichistius capensis*) en die Bloukraanvoël (*Grus paradisea*). Sommer net 'n vraag – is dit belangrik om dié simbole te hê? Hoeveel mense ken of weet dat die simbole bestaan?

Die bloukraanvoël is reeds in 1793 deur Dr. Anton August Heinrich Lichtenstein beskryf in 'n publikasie genaamd "*Catalogus rerum naturalium rarissimarum*" (Katalogus van skaars natuur-dinge). Hy het 'n aantal soogdiere en voëls beskryf vanaf eksemplare in Duitsland waar hy woonagtig was. Hy het onder andere teologie, filosofie, dierkunde en oosterse studies bestudeer in sy geboortestad, Helmstadt, en was later ook betrokke by universiteite in Göttingen en Leipzig. Vanaf 1782 was hy die rektor van die Johanneum in Hamburg en het later weer by die Universiteit van Helmstedt aangesluit. Anton August Heinrich Lichtenstein (1753 – 1816) word beskryf as 'n lid van die "dinastie van natuurwetenskaplikes in Hamburg". Dit blyk dat hy Suid-Afrika tussen 1803 en 1806 besoek het.

Lichtenstein (1793) het aanvanklik die bloukraanvoël, wat endemies aan Suider-Afrika is, as *Ardea paradiseus* beskryf. Die naam is later (datum nie bekend) na *Grus paradisea* verander nadat meer inligting ingesamel is. Vandag verwys die genusnaam *Ardea* na die groot reiers van Noord-Amerika. Vir 'n ruk was die bloukraanvoël bekend as *Anthropoides paradiseus* maar is later herdoop na *Grus paradisea*. Die egte kraanvoëls (*Grus*) bestaan uit twee spesies, die bloukraanvoël en Demoisellekraanvoël (*Grus virgo*). Laasgenoemde kom in Mongolië en die noordooste van Sjina voor en sal in die winter na Tsjad en Indië migreer. Die ander kraanvoëls in Suid-Afrika naamlik die Mahem (*Balearica regulorum*) en die Lelkraanvoël (*Bugeranus carunculatus*), behoort aan ander genera.

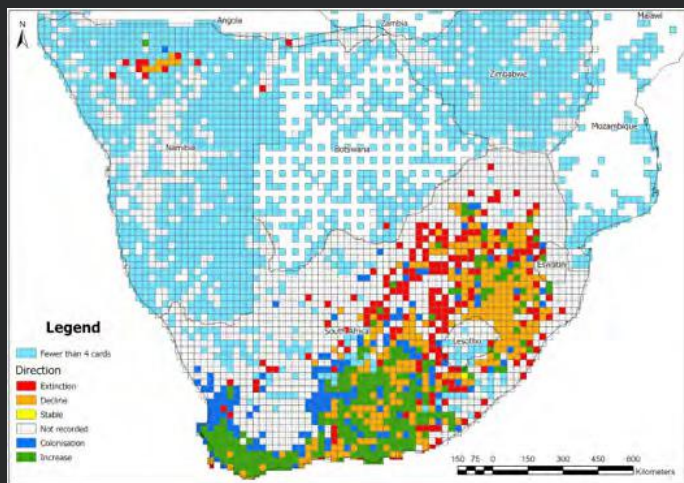
Wat is die belang van die geskiedenisles waarmee ek weggeval het? Wel, in onlangse verslae (veral die van BirdLife South Africa), is aangeteken dat die getalle van die bloukraanvoëls in Suid-Afrika dramaties verminder het. As ons na die verspreidingskaart kyk (Figuur 1), sien ons dat die voëls redelik wyd in Suid-Afrika voorgekom het. Behalwe vir 'n groot area in Suid-Afrika, is daar 'n baie klein bevolking teenwoordig in die noorde van Namibië, rondom die panne in die Etoshapark. Dié bevolking is sedert 2007 stabiel op minder as 50 individue.

Die kaart in Figuur 1 dui dele aan waar die voëls nog nie waargeneem is nie (wit en ligblou blokkies). Die data vir sulke opnames word op 'n databasis (SABAP – Southern African Bird Atlas Projects 1 and 2) gestoor. Die wit blokkies verteenwoordig plekke waar 'n paar opnames (>4) gedoen is, terwyl die ligblou blokkies gebiede aandui waar minder as 4 opnames gedoen is. Die inligting dui dus daarop dat die voëls nie daar voorkom of nog nie waargeneem is nie. As ons na die ander gekleurde blokkies kyk, dui die rooi blokkies gebiede aan waar voëls vroeër waargeneem is maar nie meer voorkom nie, oranje waar getalle oor tyd afgeneem het en geel is die gebiede waar die bevolking stabiel is. Die donkerblou verteenwoordig gebiede waar die voëls onlangs waargeneem is, dus nuwe verspreidingsgebiede, terwyl groen die areas is waar getalle toeneem.

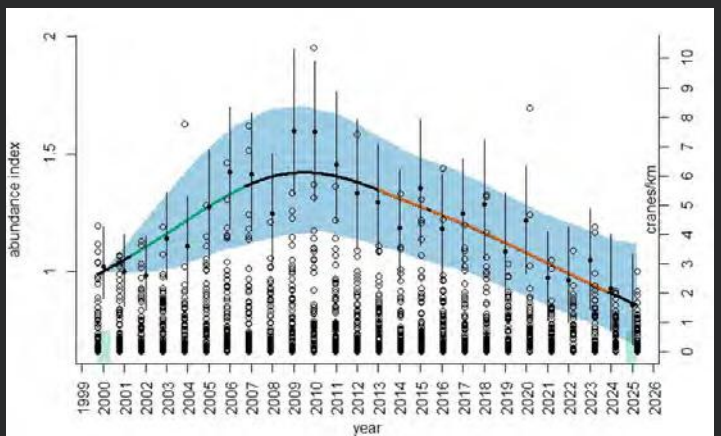
As ons die kaart so bekyk is daar definitief twee tendense wat waargeneem word – afnames in die noordooste van die land en 'n toename in die suidweste. Ons moet ingedagte hou dat die getalle wat hier aangedui word alle opnames vanaf 1987 tot 1991 vir SABAP1 bevat. Dit sluit ook inligting in wat vanaf 1980 tot 1987 in beperkte gebiede dokumenteer is. SABAP2, die opvolg projek het in 2007 afgeskop en is steeds aan die gang.

As ons na die getalle van die bloukraanvoëls kyk, toon die data twee tendense. Vanaf 2000 tot 2010 was daar 'n toename van 42% in die totale bevolking, maar vanaf 2010 het die bevolking met 39% afgeneem (Figuur 2). Die positiewe groei in die Wes-Kaap (blou en groen blokkies in Figuur 1) was volgens waarnemings tussen 2000 tot 2010. Dié kaart wys nie die afnames in die afgelope jare aan nie en daarom moet ons na Figuur 2 kyk. Die profiel in die grafiek toon duidelik die afname vanaf 2009/2010.

Vervolg op bladsy 47



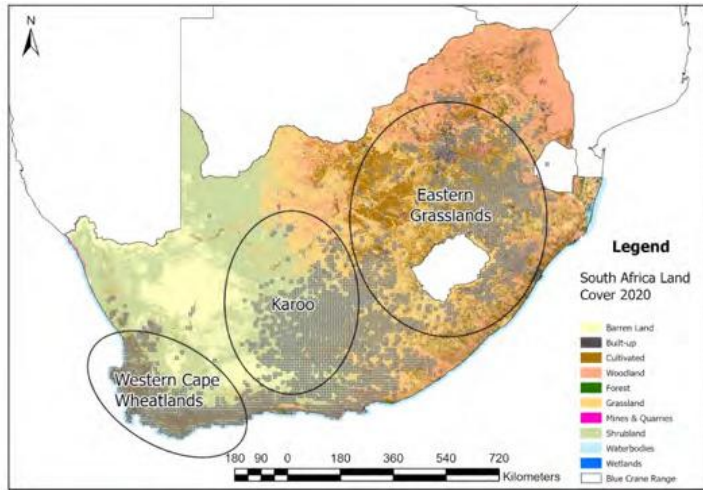
**Figuur 1:** Die huidige verspreidingspatrone van Blou Kraanvoëls in Suid-Afrika (BLSA, 2025).



**Figuur 2:** Die tendens met die toename van getalle vanaf 2000 tot 2010 en die skerp afname sedert 2010 (BLSA, 2025).



Figuur 3 dui die verspreiding van die bloukraanvoëls in Suid-Afrika aan. Die metabevolking (totale bevolking) word in drie sub-bevolkings verdeel wat met spesifieke plantegroeiemeenskap verbind kan word, naamlik die grasvelde in die ooste, die groter Karoo in sentraal Suid-Afrika en die koringgebiede (fynbos) in die Wes-Kaap. Die toename in die Wes-Kaap kan gekoppel word aan die omskepping van die natuurlike fynbos na landbougrond, spesifiek koring en meer onlangs canola. Hier praat ons spesifiek van die Swartland en Overberg streke.



**Figuur 3:** Die kaart wat die verspreiding van die voëls gekoppel aan die verskillende plantegroei gemeenskappe in Suid-Afrika.

Wat het dus tot die dramatiese daling in getalle aanleiding gegee? Dit is belangrik om te onthou dat die voëls meestal in droër gebiede voorkom. Neste word op die grond of op eilandjies in nat plekke gebou. Die kraanvoëls slaap in vlakwater waar hulle op een been (roterend) sal staan. As daar nie water beskikbaar is nie sal hulle in die kort grasveld of landerye slaap.

Volgens die inligting van die BirdLife South Africa artikel, is daar 'n aantal faktore wat die bevolkingsgetalle beïnvloed. Een van die faktore is predasie van eiers en jong voëls wanneer die pare in die oop veld broei. Predasie deur honde en muishonde word genoem as 'n probleem. Dan word vergifting ook genoem as 'n toenemende oorsaak vir die dood van heelwat voëls. Die boere sit gif uit vir kraanvoëls wat jong plantjies in landerye eet of waar hulle mielies by voerplekke vir skape vreet. Met die toename in Wildemakoue (*Plectropterus gambensis*), Tarentale (*Numida meleargis*) en Kolgans (*Alopochen aegyptiaca*) het die probleme vir boere verhoog, dus is meer gif uitgesit.

Waar neste in landerye is, kan trekkers tydens oes en stroping van die neste en jong voëls vernietig. Met die droër toestande in die land (klimaatverandering), is vlak water in vleie en pannetjies waar die kraanvoëls kom slaap, ook minder. Daar was ook talle gevalle waar volwasse en jong voëls in grensdrade verstrengel geraak het en ook baie gevalle waar die voëls in kragdrade vasvlieg.

*Quo Vadis?* Daar moet na 'n bewaringsplan gekyk word wat daarop gerig is om die bestuur op die plase in te lig. Een van die aspekte sal wees om die impak op neste tydens oesbedrywighede te verminder. Dit is ook nodig om navorsing en monitering te verbeter en boere in te lig oor die werklike impak wat die kraanvoëls op hulle oeste het. Ander metodes moet gevind word om die makoue, tarentale en kolgans te beheer. Die waarnemings van die publiek is waardevol en die inligting moet deurgegee word aan bewarings- en moniteringsgroepe. 'n Ander aspek wat aandag moet geniet is die goeie werk wat reeds begin is om kraglyne meer sigbaar te maak. Grondeienaars moet enige ongevallen waar voëls in kragdrade vasvlieg aanmeld en verseker dat merkers aangebring word om die plekke meer sigbaar te maak. Die voëls gebruik soms dieselfde roetes as hulle migreer of tussen voedingsareas beweeg en as die kraglyne nie gemerk word nie, sal meer sterftes voorkom.

Die vraag is dus, droog die kraantjie op? Met voortgesette werk van Jan-en-allesman, passievolle grondeienaars en hulp van die navorsers is daar 'n rooskleurige toekoms vir die trotse en majestueuse Bloukraanvoëls in Suid-Afrika.

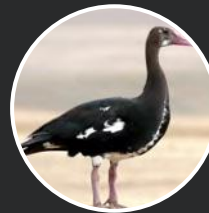
#### Mag ons die nasionale simbole met trots beskerm!



Bloukraanvoël  
(*Grus paradisea*)



Tarentaal  
(*Numida meleargis*)



Wildemakou  
(*Plectropterus gambensis*)



Kolgans  
(*Alopochen aegyptiaca*)

Wynand Vlok (BioAssets CC) – Verwerf 'n Doktorsgraad in Dierkunde met die fokus op visbiologie. Werk in die riviere in die laeveld met die fokus op uilelande, waterkwaliteit en biodiversiteit in die varswateromgewing. Tans is hy steeds doenig in die waterwêreld en help met studies om waterlisensie-aansoeke te doen. Dit sluit waterkwaliteit, biodiversiteit en biomonitoring in. Onlangs het hy ook betrokke geraak in die Karoo met dieropnames vir die alternatiewe energieprojekte.

'n Opwindende deel sluit die werk op die hoogs bedreigde rivierkonyn, *Bunolagus monticularis*, in.

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# Zebras, the iconic late comers to Africa

by Dr Kas Hamman

For many of us, zebras represent a typical large African mammal, but according to the fossil record, these members of the Equidae or horse family arrived relatively late on the continent, about 2,5 million years ago during the Pliocene. Zebra is the common name for various wild, horse-like odd-toed ungulates (Order Perissodactyla) of the family Equidae and the genus *Equus*. These remarkable animals occur in eastern and southern Africa and are characterized by distinctive white, black, or brown stripes that come in different patterns unique to each individual.

As time marches on, the latest scientific knowledge and our improved ability to interpret the genetic basis of evolution continue to provide a better and more reliable understanding of the relationships between living organisms and their genetic makeup. However, the fossil record provides us with a record and insight into various aspects of past life on Earth. As our understanding of the genetic basis of life expands based on findings in the field and the laboratory, it is the analysis of the ever-growing fossil record that provides us with information on the sequence of events that led to the present-day diversity of living organisms. This provides us with reliable information about the existence in time of, for example, trilobites, dinosaurs, mammoths, sabretooth cats, and even our extinct relatives.

## Zebra Evolution

As discussed in a previous article, the Equidae, or horse family, evolved in North America over 50 million years, from which its descendants migrated via the intermittent Bering land connection to Eurasia and later south into northern Africa via the Arabian Peninsula. Zebras are considered to have been the second group of species to branch off from the *Equus* genus after the asses or donkeys, as recently as 4 million years ago. All indications are that Grevy's zebra has been the first zebra species to emerge.

Evidence suggests that Zebras might have lived in North America in prehistoric times. Fossils of an ancient horse-like animal were discovered in the Hagerman Fossil Beds National Monument in Hagerman, Idaho. It was classified as *Equus simplicidens* and known as the Hagerman horse. There is some debate among palaeontologists on whether the animal was a horse or a bona fide zebra. While the animal's overall anatomy seems to be more horse-like, its skull and teeth indicate that it was more closely related to Grevy's zebra, and it is also referred to as the American zebra or Hagerman Zebra.

All living members of the Equidae family belong to the genus *Equus*, but the genus is commonly subdivided into four subgenera, namely *Equus*, *Asinus*, *Hippotigris*, and *Dolichohippus*. The Burchell's or plains zebra and the two subspecies of mountain zebras belong to the subgenus *Hippotigris*, but Grevy's zebra is the sole species of the subgenus *Dolichohippus*. In many respects, it is more closely related to the asses (*Asinus*), while the Burchell's and mountain zebras are more closely related to the

horses (*Equus*). In certain regions of Kenya, Burchell's and Grevy's zebras coexist. Like all extant or living zebras, mountain zebras are boldly striped in black or dark brown, and no two individuals look exactly alike. The entire body is striped except for the belly.

Although some zebra species may have overlapping ranges, they do not interbreed in nature. For example, the extinct quagga and Burchell's zebra shared the same area. Grevy's zebras have 46 chromosomes; Burchell's zebras have 44 chromosomes, and mountain zebras have 32 chromosomes. The two mountain zebra subspecies developed as a result of relatively recent geographical isolation and are genetically close enough to interbreed freely.

The most obvious way to tell the difference between Burchell's zebra and mountain zebra is that the latter has solid stripes, while Burchell's zebra has additional faint stripes superimposed on the white and referred to as shadow stripes. The mountain zebra's stripes do not join on its stomach and continue down to its hooves, whereas Burchell's stripes extend onto its belly and often fade towards its hooves. Additionally, the mountain zebra has a grid-iron pattern across the top of its rump and could have a prominent dewlap on its throat. Burchell's zebra lacks both these features.

## The conservation status of zebras in Africa

The unique stripes and behaviours of zebras make them among the most familiar animals to people, while ecologically, zebras are integral to various food chains, converting plant matter into biomass for large predators and associated organisms. However, various anthropogenic factors have severely impacted all zebra populations, in particular, the hunting for skins and various forms of habitat destruction. Grevy's zebra are currently classified as endangered by the IUCN, whereas both mountain zebra subspecies are listed as vulnerable under the IUCN Red List and included in Appendix II of the Convention on International Trade in Endangered Species (CITES).

The **three living zebra species** are the Burchell's or plains zebra (*Equus quagga*), Grevy's zebra (*Equus grevyi*), and the **mountain zebra** (*Equus zebra*). There are two subspecies, the Cape mountain zebra (*Equus zebra zebra*) found in the southern parts of South Africa and Hartmann's mountain zebra (*Equus zebra hartmannae*) found in south-western Angola and Namibia.

*Continued on page 49*





The **Cape mountain zebra** numbers were reduced to about 400 animals at the turn of the previous century, falling to about 90 animals from the 1930s to the 1950s. However, conservation efforts by the Cape provincial conservation authority, national parks, and landowners have eventually paid off. Naturally surviving populations of the then highly endangered Cape mountain zebra were restricted to the Mountain Zebra National Park (proclaimed in 1937) as well as the Gamkaberg and Kammassie provincial nature reserves. Additionally, a viable population of these animals was established at the De Hoop Nature Reserve in the 1960s. The total population has grown from under 100 in the 1950s to 1200 animals by 2000 and about 3000 in 2014. Animals from the mentioned populations have since been reintroduced to other protected areas, both formal and private, within their natural historic range.



*Cape mountain zebra  
(Equus zebra zebra)*

**Hartmann's Mountain Zebra** (*Equus zebra hartmannae*) occurs in four key protected areas in Namibia, namely the Skeleton Coast Park, Etosha National Park, Namib-Naukluft Park, and Ai-Ais-Hunsberg Park complex. Namib-Naukluft Park is particularly important, with a population of around 2,300 animals. Around 25% of the population in Namibia occurs on conservancies in communal lands, with the remainder on commercial livestock and game farms. In South Africa, an estimated 300 animals occur on private properties and the Goegap Provincial Nature Reserve.

*Hartmann's  
mountain zebra  
(Equus zebra  
hartmannae)*



Hartmann's mountain zebra can be found along the coastal parts of Namibia and southern Angola. Hartmann's mountain zebras prefer to live in small groups of 7–12 individuals. They are agile climbers and can live in arid conditions and steep mountainous country. Hartmann's zebra is on average slightly larger and have longer mane than the Cape mountain zebra.

**The quagga** (*Equus quagga quagga*), a subspecies of the Burchell's zebra, was hunted to extinction by the early settlers and was extinct in the wild by about 1878. The last captive quagga, a mare, died on 12 August 1883 in the Amsterdam Zoo. They mainly occurred south of the Orange and Vaal rivers and west of the Drakensberg. Over the past 40 years, various attempts were made to "breed back" the now extinct quagga through artificial selection by using Burchell's zebra individuals with faint or less prominent striping on the hind quarters. For various reasons, including inbreeding depression, such initiatives are not acceptable from a conservation point of view, especially if the long-term goal is to release such "quagga look-alikes" into the natural environment or conservation areas.



*A Quagga  
(Equus quagga quagga)  
mare at London Zoo,  
1870, the only specimen  
photographed alive.*

**The Burchell's zebra** (*Equus quagga*), also known as the plains zebra, is the most common and geographically widespread of the surviving zebra species. These animals once occurred from the south of Ethiopia right through east Africa as far south as Angola and eastern South Africa. Today Burchell's zebra are much less numerous than it once was because of human activities such as hunting it for its meat and hide, as well as encroachment on much of its former habitat, but it remains common in national parks, game reserves and on private land in southern Africa.



*Burchell's zebra  
grazing in the  
Kruger National  
Park, South Africa*

**Grevy's zebra** (*Equus grevyi*) is the largest zebra species and has an erect mane and a long, narrow head, making it appear rather mule-like. Compared to other zebras, it is tall, has large ears, and its stripes are narrower. The species is named after Jules Grévy, a former president of France, who, in the 1880s, was given one by the government of Abyssinia. Grevy's zebra differs from all other zebras in its primitive characteristics and different behaviour. The surviving populations are now confined to northern Kenya and the southern semi-arid grasslands of eastern Ethiopia.

Grevy's zebras have faced one of the greatest range reductions of any African mammal. They no longer occur in Somalia, Eritrea, and Djibouti, and may be gone from the Sudan as well. Grevy's zebra is currently listed as endangered in the IUCN's Red Data List of Threatened Species. Grevy's zebras are in crisis, and their numbers have declined rapidly. In the late 1970s, the global population of Grevy's zebra was estimated to be 15000 animals. Present-day estimates indicate that only about 3000 animals remain, representing an 80% decline in total numbers over a meagre 30-year period! In Kenya, the 2018 estimate was 2,800 Grevy's zebra and only 230 in Ethiopia.



*The highly endangered Grevy's zebra (Equus grevyi)*

*Continued on page 50*



The Grevy's zebra is listed as Endangered by the IUCN/SSC Equid Specialist Group. Grevy's zebra is also listed on Appendix I of CITES, which offers them the highest protection against illegal trading. Grevy's zebra is legally protected in Ethiopia, and since 1977 has been protected by a hunting ban in Kenya.

### Concluding remarks

Zebras can be found in a variety of habitats, such as grasslands, savannas, woodlands, thorny scrublands, mountains, and coastal hills. True to their horse family ties, zebras walk, trot, canter, and gallop. They are generally slower than horses, but their stamina helps them to outpace predators, especially lions, which tire rather quickly. When chased, a zebra will zig-zag from side to side, making it more difficult for the predator. When cornered, the zebra will rear up and kick its attacker. A kick from a zebra can be fatal, and they will bite their attackers as well.

Zebras have excellent eyesight with binocular-like vision. Like most ungulates, the zebra has its eyes on the sides of its head, giving it a wide field of view. Zebras also have night vision, although it is not as advanced as that of most of their predators. Zebras have excellent hearing and have larger, rounder ears than horses. Like horses and other ungulates, zebra can turn their ears in almost any

direction. They also have an acute sense of smell and taste.

Like most members of the horse family, zebras are highly sociable. Their social structure, however, depends on the species. Mountain and Burchell's zebras live in groups consisting of one stallion with up to six mares and their most recent foals, and bachelor groups containing two to eight unattached stallions. A stallion forms a harem by abducting young mares from existing family groups. When a mare reaches sexual maturity, she will exhibit the oestrous posture, inviting the males. However, she is usually not ready for mating at this point and will hide in her family group. The alpha stallion will chase off stallions attempting to abduct her. Eventually, a stallion will be able to defeat the alpha stallion and include the mare into his harem. While stallions may come and go, the mares stay together for life in a hierarchy with the alpha female being the first to mate with the stallion and being the one to lead the group.

Unlike the other zebra species, Grevy's zebras do not have permanent social bonds. A group of these zebras rarely stays together for more than a few months. The foals stay with their mother, while adult males are mostly solitary.

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Dr Kas Hamman is a natural scientist with a PhD in Freshwater Ecology. He has a particular interest in continental shift and its effect on natural evolution and life over time, as we can observe it today.

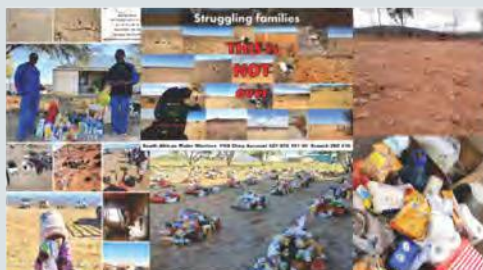


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**I** travel with my pillow. The reason being an inherent distrust of any pillows in any other establishments. A pillow is quite a large item to take along on a trip, but I would sacrifice packing space for a good night's sleep.

Why are pillows so controversial? I really think it is because we all have different needs when it comes to comfortable head support.

When buying a pillow also consider whether you are a side, back or front sleeper. Your preferred sleeping position will determine the thickness and bounciness of your pillow. There is a pillow for every type of sleeper, and everyone should have the benefit of the pillow they prefer!

The easiest way to buy a pillow that will offer good support is to stand against a wall, or other solid structure, with the side of your body touching – shoulder, hip, and side of foot. Slot the pillow into the space above your shoulder where it would normally be if you were lying on your side.

Ask a friend or family member to check whether your head is straight or bent to the left or right. It should feel comfortable, and not as if your neck is being forced in a specific direction. The pillow that doesn't distort your spinal alignment is the one for you.

When purchasing a new pillow or pillows please also consider the size. If you have a bed bigger than a queen size (152/190cm), consider a king pillow. These are sized 50/90cm and are suitable for use on bigger beds.

Standard size pillows (45/70cm) are suitable for beds sized from single (92/190cm) to queen (152/190cm).

These are guidelines and your selection will be based on personal preferences, but I do wish you a good night's sleep on your very own pillow!

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# Goue Herinneringe

deur Elize Thirion



**T**erwyl ek in my kop so besig is met vriendskappe en kosbare mense in my lewe, kom daar wonderlike herinnering-verhale te voorskyn. Ek kan nie help om goue verhale te herbesoek nie. Soms met 'n traan en soms met 'n heerlike geggel.

As mens ouer word, kyk jy heeltemal anders na die wêreld om jou. 'n Mens ontwikkel 'n mate van begrip. En jy kyk met groot humor na gebeurtenisse.

Om die een of ander rede dink ek aan 'n gebeurtenis op die eerste dag van my eerste jaar op universiteit, toe ek reeds heelwat ouer was as die gemiddelde student.

Dit was 'n Maandagoggend. Volgens 'n e-pos wat ons ontvang het, moet ons by 'n sekere lesinglokaal aanmeld, iewers op daardie enorme kampus. En moenie dink as jy ouer is, is dit enigsins makliker as vir die "kinders" nie. Ek was 'n eerstejaar op die kampus die jaar toe ek 50 sou word, en so het 'n studentemaat my op my verjaarsdag luidkeels as m\*\*r-oud geklassifiseer.

Dit was glad nie 'n belediging of wreed aangebied nie. Die vrolike liewe-lawwe kind het my baie na aan die hart gelê (verlede tyd, want sy is reeds 2 jaar gelede oorlede). Want hoe anders dink 'n 18-jarige nie oor 'n heelwat ouer persoon nie? Hierdie uitspraak het in my gesin en ander plekke 'n heerlike bron van pret geword. Om dit as ysbreker te gebruik wanneer mens die inleiding van 'n praatjie moet doen, is veral lekker.

Die vorige Vrydag het ek my pa begrawe en Maandag was ek 'n eerstejaar(tjie).

So sit die tante in die genoemde klas. Eerste ding wat gebeur, 'n jongman stap by die klas in en sien my. Hy kom vra my: "Tannie, is dit die klas ...?" Ek lag tog te lekker en sê dat ons in dieselfde boot is. Ek is ook 'n eerstejaar-student soos hy. Die verstomming op sy gesig!

So bietjie later kom 'n dame ingestap, sy kan dalk so bietjie ouer wees as wat ek toe was. Sy maak haar tuis agter 'n tipiese ingeboude klaslessenaar. Ruim, met plek vir baie goed. Boeke, rekenaar en nog meer.

Sy skep orde uit die chaotiese klas waar almal lag en gesels om die angste te probeer wegsteek. Almal probeer baie hard om nie te wys hoe bang hulle is nie.

Niemand gesels met die tante nie, sy kan mos nie 'n student wees nie. So bekyk ek die spulletjie. Toe dit stil raak

en die dame almal se aandag het, werk sy deur die stappe: hoe om jou vakke korrek te kies, hoe hulle gemerk word en alles en nog wat van student-wees by hierdie universiteit.

En natuurlik breek die einde van die klas aan – daar is nie 'n klok wat lui nie. Net nou die dag is die kinders se lewe nog met klokke gereël. Nou sluit die dosent die klas bloot af deur te groet, goeters bymekaar te maak en uit te stap.

Maar soos met so 'n splinternuwe ervaring, gaan baie goed tussen die ore en die skryfding verlore. Die studente bondel om die lessenaar met nog 'n vraag of opmerking. So staan ek geduldig my beurt en af wag. Die vrypos-tigheid van hierdie jongklomp moes nog insink. 'n Jongman kom uiteindelik voor (nie dieselfde student as waarna ek vroeër verwys het nie) en kry 'n beurt. Hy val weg: "Tannie ..." (ek kan nie onthou wat hy wou weet nie). Maar die Prof stop hom onmiddellik: "Jongman, dit is nie goed vir jou jaarpunt om 'n professor aan te spreek as 'tannie' nie!!"

Ek moes die aftog blaas want ek kon net eenvoudig nie help om heerlijk te lag nie. Die prof het gesien hoeveel pret ek met hierdie gebeurtenis gehad het.

Ek het die prof later ontmoet by my supervisor-vriendin. Sy was nooit een van my dosente nie. Sy was iewers doenig met onderwys en ekself het die sielkunde getakel. 'n Plat op die aarde vrou, met baie wysheid en 'n heerlike sin vir humor. Daar moet by tye regtig hard gewerk word om ons Afrikaanse kinders (veral) te leer om nie ons geliefkoosde respektbetoning te gebruik nie. Eerder te praat van Meneer of Mevrouw of dan die deeglik verworwe titel van Professor.

Dit voel vir my asof 2025 vir my die jaar van groot onthou geword het. Ek onthou my jare en jare se heerlike belewenisse saam met my hartsvriendin wat weg is uit my direkte omgewing. Ek onthou die wonderlike skoolmaats en alles wat ons aangevang het. Die verliese, die bande wat weer opgetel word.

Die wete dat ek regtig 'n ryk, vol lewe leef, geseën is met baie goeie gesondheid – ten spyte van die gevolge van 'n ernstige motorongeluk baie jare gelede.

En al klop 'derdom hard aan die deur, is daar nog baie om te doen en te beleef. Dit is 'n groot voorreg.



Elize went back to school to study Psychology the year she turned 50 and started out in private practice after she got her BA Honors in Psychology. She is an experienced TIR (Traumatic Incident Reduction) Facilitator and an accredited coach who loves to help people realize their dreams.

Working with grief is another important part of her work as well as prevention of suicide and she has a special interest in mental fitness challenges because of Covid-19 and lockdown.





# Gelyke Energie Wederkerigheid in verhoudings

deur Dr Daan Botes

Gelyke energie wederkerigheid tussen mense verwys na 'n gebalanseerde en wedersydse uitruiling van energie, moeite en ondersteuning in verhoudings. Hierdie konsep is dikwels van toepassing op verskeie tipes verhoudings, insluitend vriendskappe, romantiese verhoudings, gesinsdinamika, en professionele interaksies. Hier is 'n paar sleutelemente van gelyke energie wederkerigheid.

## Gebalanseerde Moeite:

Albei partye dra redelik en proporsioneel by tot die verhouding. Dit beteken nie dat pogings identies is nie, maar eerder dat hulle gelykwaardig in waarde en waargenome moeite is. Elke persoon voel dat hul bydraes ooreenstem en waardeur word deur die ander.

## Wedersydse Ondersteuning:

Beide individue bied emosionele, fisiese of logistieke ondersteuning aan mekaar. Dit kan insluit om daar te wees in moeilike tye, sukses saam te vier en aanmoediging te bied wanneer nodig.

## Kommunikasie en Verstandhouding:

Oop en eerlike kommunikasie word gehandhaaf, wat verseker dat albei partye gehoor en verstaan voel. Hulle let op mekaar se behoeftes en grense, en werk saam om enige ongebalanseerdheid of probleme wat ontstaan aan te spreek.

## Respek en Waardering:

Albei individue toon opregte respek en waardering vir mekaar se pogings en bydraes. Hulle erken en waardeur wat die ander persoon na die verhouding bring.

## Emosionele Belegging:

Daar is 'n gelyke vlak van emosionele belegging, wat beteken dat albei partye ewe verbind is tot die groei en welstand van die verhouding. Dit behels die deel van gevoelens, om emosioneel beskikbaar te wees, en om konflikte saam te hanteer.

## Wedersydse Aksies:

Aksies wat deur een persoon geneem word, word deur die ander op 'n manier wat regverdig en billik voel, beantwoord. Byvoorbeeld, as een persoon 'n spesiale geleentheid beplan, kan die ander op hul eie manier die gebaar beantwoord.

## Buigsaamheid en Aanpasbaarheid:

Albei individue is bereid om buigsaam te wees en hul pogings aan te pas volgens die behoeftes en omstandighede van die ander persoon. Dit verseker dat die verhouding gebalanseerd bly, selfs wanneer situasies verander.

## Gedeelde Verantwoordelikheid:

Take en verantwoordelikhede binne die verhouding word gedeel, wat verhoed dat een persoon oorlaai voel. Dit sluit alledaagse take, besluitneming en langtermynbeplanning in.

In wese gaan gelyke energie wederkerigheid daarvoor om 'n harmonieuse en gebalanseerde dinamika te skep waar beide partye **waardeur, ondersteun en aktief betrokke voel in die instandhouding van die gesondheid en groei van die verhouding**. Dit bevorder 'n gevoel van gelykheid, vertroue, en samewerking, wat die algehele kwaliteit van die interaksie tussen mense verbeter.



Dr Daan Botes: Ortopediese Chirurg  
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(Orthop) (US)



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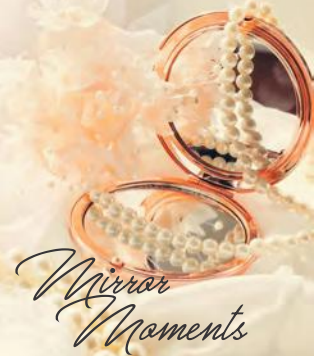
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## Spring Forward: A Mindful Self-care Reset

As the South African spring unfurls its blossoms, winter loosens its grip and the first signs of spring begin to bloom, it's the perfect moment to pause, breathe and reflect on the path forward. The seasonal change offers a natural opportunity for renewal.



### Embrace the Season of Renewal

Spring reminds us that every branch and every bud, once dormant, can burst into fresh life. Reflect on areas yearning for rejuvenation: perhaps a skillset you've neglected or a personal passion you've sidelined.

In the midst of celebration and reflection, mindful self-care emerges as a vital way to honour the quiet time with oneself, reconnecting and compassionately resetting. Spring offers a beautiful reminder: just as the earth begins to awaken and regenerate, so too can we.

### Cultivate a Supportive Ecosystem

Just as spring's rebirth relies on interconnected ecosystems, your wellness thrives in community. Connect with supportive networks – whether local meetups, online forums or mentoring circles. Share challenges and triumphs; celebrate each other's fresh starts. Knowing you're not alone in juggling life's obligations can be profoundly uplifting. It's all about being present in your own life and choosing what supports your well-being, with kindness, without guilt or the need to "earn" rest.

### Nourish Body and Brain

Heavy workloads can deplete both physical and cognitive reserves. This spring, infuse your routine with simple yet impactful habits:

- **Daily check-ins:** Start your day with a moment of stillness. Ask yourself, "How am I feeling today?" This simple question can guide your choices, from how you eat to how you engage with others.
- **Reclaim your mornings:** Spring mornings are ideal for creating a new ritual, stretching in the sun, or simply breathing deeply before the world starts asking things of you.
- **Nature as therapy:** Spend time outdoors. A walk in the garden, a barefoot moment on the grass, or sitting beneath a blooming tree.
- **Set boundaries gently:** Protecting your time and energy is a powerful act of self-respect and self-care. Learn to say "no" without explanation. Rest is not laziness, it's fuel.
- **Journaling:** Honouring your voice; taking time to draft your own story – your struggles, your victories, your dreams. Share it or keep it close. Either way, acknowledge your journey.

### New beginning

Spring is nature's invitation to begin again. As trees bud and flowers bloom, we're reminded that growth is both cyclical and possible. This makes it the perfect time to kindly assess what's working in your life and what's not.

Ask yourself:

- What am I carrying that no longer serves me?
- Where can I create more space for myself?
- What brings me joy, and how often do I invite it in?
- What am I grateful for?
- What are the intentional practices that support balance and well-being?

Use these insights to prune your commitments and refocus your energy for the next cycle. Celebrate small wins – finishing a task, awareness of the present moment, committing to routine of choice or simply maintaining your formal or informal mindfulness practice amidst a busy sprint.

In this life – where the only constant is change – your greatest asset is a well-nurtured mind, heart and body. Weaving renewal with curiosity may be a form of self-awareness.

### Forget about Enlightenment

by John Welwood

Forget about enlightenment.  
Sit down wherever you are  
And listen to the wind singing in your veins.  
Feel the love, the longing, the fear in your bones.  
Open your heart to who you are, right now,  
Not who you would like to be.  
Not the saint you're striving to become.

But the being right here before you,  
Inside you, around you.  
All of you are holy.  
You're already more and less  
Than whatever you can know.  
Breathe out,  
Touch in,  
Let go.



Queen Mohale is an entrepreneur, mindfulness practitioner and Ubuntu life coach.

With over a decade of experience driving high-impact revenue growth, she blends her commercial expertise with her background in training, facilitation and holistic well-being to develop meaningful connections and guide individuals and organisations through transformation rooted in self-awareness, self-care and compassion.



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queen-mohale-9439b71b1



# The Advantages of Visualisation

by Anna Terblanche

There is a saying that goes "Seeing is believing". In my experience this is very wrong!  
The saying should be: "Believing is seeing"!

**S**ociety believes that daydreaming is a waste of time, that nothing comes of it. In fact, in the world of Reiki and energy healing, visualisation and imagination are the gateways to healing, manifestation and creation! What follows are a few reasons why you should start visualisation and using your imagination. This can be done daily!

**Firstly**, visualisation can help with manifestation. The first step in manifestation is creating a mental image of exactly what you want. It can be an image or a "movie" in your mind. Say, for instance, you want to manifest a holiday. You need to create a picture or pictures in your mind about it, from you paying for it and being able to afford it, to seeing what you would be doing, where you would be staying etc, in great detail. It would be like a daydream. It could be a holiday, a goal or something you want to buy. See yourself paying happily for it. As you visualise, ask that this will come about for the highest good of all, or even something better can be manifested. As you are visualising this, feel it too! Feel happy and excited as you imagine yourself buying or manifesting what you want. Bring in all the senses like touch, smell, for instance, feel the sand between your toes, feel the light breeze blowing as you walk on a beach! Believe that you are worthy of what you are visualising and start feeling excited about the prospect of manifesting it! Send this visualisation to whomever you believe is the higher power and trust in Divine timing. You can do this visualisation more often if you wish!

**Secondly**, visualisation keeps the brain healthy! Every visualisation of internal images you make, creates new neural pathways in the brain. More connections are formed and neurons fire more!

**Thirdly**, visualisation helps with stress. If you find yourself stressed, imagine yourself at a place of wonder, of beauty, whether it is a beach, or a forest, or a room in an ancient castle, whatever calms you down. You can call this your sacred place, a place where you can be in, and feel the stress leaving your body. I often use this visualisation technique with clients. This place can be real or not. Activate all senses here too! Say, for instance, you are in a forest, smell the ground, flowers, feel the moss under your feet as you walk on a mossy path, feel the bark of trees, hear birds chirping, and so on. Just sit, close your eyes, and visualise yourself in a place, breathe in and out. Immerse yourself deeply in the visualisation! Feel happy, calm, and de-stressed! Stay there as long as you wish. Your body and mind will start relaxing. What is visualised by the mind settles in your conscious and subconscious mind. Your brain cannot distinguish between the actual reality and the visualisation that you are giving it, because of the depth of your experience, especially if you incorporate emotion and senses! Your brain will believe that you are in your sacred space!

**Fourthly**, visualisation can lead to healing, if it is done in complete faith and trust that it is indeed happening! There are many documented accounts of healing occurring through visualisation and intention. There are various methods. One way is to visualise Emerald light, which carries the vibration of healing, to go anywhere in the body. It takes concentration and focus. You can combine the Green Light with Divine White/Silver light and ask these rays of light to heal cells, organs, muscles, etc. Teacher, scientist, lecturer Dr. Joe Dispenza healed broken vertebrae in his back, visualising them as healthy and healed. Anyone is able to heal themselves through visualisation!

Start visualising and see how deeply this will impact your life!



Anna Terblanche is a Master Reiki Practitioner, crystal healer and psychic.  
She loves what she does because she can see how people are healed  
and transformed in her practice every day!

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## CONTINUING WITH WINDOWS 10 AFTER OCTOBER 14, 2025: What you need to know

**A**s Microsoft officially ends free support for Windows 10 on **October 14, 2025**, millions of users face a critical decision: upgrade to Windows 11, pay for extended support, or continue using Windows 10 with limited protection. While your PC won't stop working, the landscape of updates, security, and compatibility will shift dramatically.

### What happens after October 14?

After the end-of-support date, Microsoft will **no longer provide free security updates, bug fixes, or technical support** for Windows 10. This means any newly discovered vulnerabilities will remain unpatched unless you opt into Microsoft's **Extended Security Updates (ESU)** program. For personal users, ESU costs **\$30 per device per year**, offering one additional year of critical security patches.

### Microsoft Defender Antivirus: Still active

One reassuring development is that **Microsoft Defender Antivirus will continue receiving Security Intelligence Updates until at least October 2028**. These updates help detect and block known malware and threats, offering a basic layer of protection even after the OS itself stops receiving updates. However, this does **not** include full OS-level security patches, so vulnerabilities in Windows itself may still be exploited.

Defender's continued support is part of Microsoft's broader strategy to ease the transition for users who aren't ready to upgrade. It ensures that even unsupported systems retain some defense against common threats, though it's not a substitute for full system updates.

### Risks of staying on Windows 10

Remaining on Windows 10 without ESU or upgrading exposes users to several risks:

- **Security vulnerabilities:** Unpatched systems are prime targets for cyberattacks.
- **Software incompatibility:** New applications and hardware may not support Windows 10.
- **Compliance issues:** Businesses may fall out of regulatory compliance (e.g., GDPR, HIPAA).
- **No technical support:** Microsoft will no longer assist with Windows 10 issues.

### Alternatives and recommendations

If your PC is **not eligible for Windows 11** due to hardware limitations (e.g., missing TPM 2.0 or older CPUs), you have a few options:

1. **Enrol in ESU:** Buy time with critical security updates for one more year.
2. **Use third-party antivirus:** While not a complete solution, it adds a layer of protection.
3. **Upgrade hardware:** Consider replacing your PC with a Windows 11-compatible model.
4. **Switch to Linux:** For tech-savvy users, Linux offers a secure, free alternative.

### Final thoughts

Continuing with Windows 10 after October 14, 2025, is possible – but not without trade-offs. Microsoft Defender will help maintain basic security, and ESU offers a temporary lifeline. However, the safest long-term strategy is to upgrade to Windows 11 or explore alternative platforms. If you choose to stay, ensure your system is updated to **Windows 10 version 22H2**, and consider combining Defender with a reputable third-party antivirus for added protection.



## Gebeure

Die museum, monument en amfiteater bied unieke geleenthede dwarsdeur die jaar aan.

Besoekers kan onder meer heerlike volmaanpieknieks, sterrekykpieknieks, buiteligkonserte, programme op spesifieke gedenkdae asook ander kulturele aktiwiteite beleef of deelneem aan kursusse (soos fotografie en digkuns), pretlope, debats-werkswinkels, opvoedkundige programme en baie meer.

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Volg die Taalmonument se nuwe WA-kanaal vir die jongste inligting en gebeure

<https://whatsapp.com/channel/0029VazPoESId7nUsOYdJD28>

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**JAARPERMIT:** Slegs R120 vir individue en R220 vir 'n gesin van vier. Dit sluit onbeperkte toegang tot die museum, monument, bistro, wandelpaaië en volmaanpieknieks in.

**BERGFIETSRYPERMIT:** Gewone toegangsfooi per dag of jaarpermit van R220 per persoon. Laasgenoemde sluit onbeperkte toegang tot bergafbane, museum, monument, bistro, wandelpaaië en volmaanpieknieks in.

**STAPPERMIT:** Gewone toegangsfooi en R20-deposito vir sleutel.



# Generation Alpha: “... the dawning of a new generation”

by Ina Wilken



Ná jarelange bestudering en groepering van die komplekse ouderdomme, spanne en geslagte van mense, begin 'n paar feite in plek val:

Om oor generasies heen te bestuur, gaan nie daarvoor om te **verander** wie jy is nie – dit gaan daarvoor om te **verstaan** wie **hulle** is. Elke generasie lewer iets waardevols op.

Maar die ware towerkrag? Dit gebeur as ons ophou om almal in dieselfde boks te dwing en te vra:

- Hoe verkies jy **terugvoer**?
- Watter soort **erkenning** motiveer jou?
- Wanneer doen jy jou **beste** werk?

Want hoewel generasies sekere eienskappe mag deel, is elke persoon **uniek**:

- Die beste leiers lei nie almal op dieselfde **manier** nie
- Hulle **pas aan**
- Hulle **luister**
- Hulle skep **ruimte** vir die verskillende style en sterk punte
- Jou span is nie net 'n mengsel van **ouderdomme** nie
- Dis 'n mengsel van **vermoëns**

En wanneer jy daardie verskillende **eerbiedig**?

- Voel mense **gesien**
- Hulle voel **gewaardeerd**
- En hulle doen hul **beste werk**."

Justin Wright (vert.)  
CEO; Mentor Polished Carbon

## DIE GENERASIE "ALPHA"

Mense wat gebore is tussen **2010 en 2025** is deur die generasie-navorsers, **Mark McCrindle** in 2008 benoem as die **"Generasie Alfa"**. Enige verwysing na hierdie generasie (ook bekend as **Gen Alpha**) word sedertdien wêreldwyd so gebruik. Gen Alpha verwys na die **eerste** letter van die Griekse alfabet, terwyl hulle voorganger, Generasie Z, na die **laaste** letter van die Latynse alfabet verwys. Gen Z baan dus die weg vir die aanbreek van **die nuwe generasie**.

Daar word beraam dat sedert **2010** daar **250 kinders** elke minuut gebore word, wat neerkom op **2,8 miljoen** elke week en meer as **130 miljoen** regoor die wêreld! (Lamble, 2018). Daar word beraam dat teen 2025 die aantal "Gen A"-kinders wat gebore is, die getal **twee biljoen** sal bereik – wat hul enorme teenwoordigheid in die toekoms aandui! (Carter, 2016; McCrindle, 2008). Volgens McCrindle sal hulle boonop teen 2029 'n ekonomiese voetspoor van US\$5,4 triljoen vir hulle opvolgers daarlaat! Dit beteken dat organisasies die toekomsstige verbruiker as Gen Alpha moet sien.



Ina Wilken is tans 'n verbruikerskonsultant en nie-uitvoerende direkteur van Finbond Group Ltd. Sy tree nou al jare op as 'n "verbruikersaktiwis" en praat namens die man in die straat deur verbruikers in 'n aantal komitees en rade te bedien. Haar jare se betrokkenheid by die vorige SA Verbruikersraad het haar die geleentheid gegee om waardevolle insette namens verbruikers te lewer.

B.Com Hons. (UNISA) | M. Verbruikerswetenskap (UP) | Nie-uitvoerende direkteur: Finbond Groep Bpk.

Hul geboortjaar (2010) val saam met die jaar waarin **"app"** die woord van die jaar was en die van **iPad** en **Instagram** – tans die wêreld se gewildste handelsmerk en sosiale media-toepassing. Hulle is gebore in 'n era van vin-nige gevorderde **tegnologie** wat "24\*7\*365" wêreldwyd bedryf word. Tegnologie beteken die wêreld vir hulle. McCrindle meen dat hulle die grootste generasie in die mens se geskiedenis sal wees.

Indien ons die magdom feite rondom hierdie komplekse groep in plek sou wou sit – voel dit vir my – sou dit seker gelyk wees aan my eie "reeks" ensiklopedieë! Hoekom sê ek so?

### Octalysis framework:

The "Octalysis framework", a word created by Yu-kai Chou, is a "gamification framework" that analyses and designs systems to increase user engagement and motivation. It identifies **eight core drives** that influence human behaviour, aiming to integrate these drives into non-game contexts to make them more engaging and meaningful.

### Gamification framework:

Gamification is a tool for applying **game** design elements to **non-game** situations to improve user experience and motivation. It is the craft of deriving all the fun and engaging elements found in **games** and applying them to **real-world** or **productive activities**, built around eight core drives:

- Epic Meaning & Calling
- Development & Accomplishment
- Empowerment of Creativity & Feedback:
- Ownership & Possession
- Social Influence & Relatedness
- Scarcity & Impatience
- Unpredictability & Curiosity
- Loss & Avoidance

Google (Verkort)

Die aanwending van hierdie twee metodes is reeds deur die wêreldbekende maatskappye soos IDEA, Google, Lego, Volkswagen en Huawei gebruik of geïnspireer!

Wikipedia (vert.)

Die rede waarom ons dit **Gamification** noem, is dat die spelbedryf die eerste was wat mensgerigte ontwerp beheers het. Speletjies het geen ander doel as om die individu wat hulle speel, tevrede te stel nie. Ja, daar is dikwels "doelwitte" in speletjies, soos om 'n **draak** dood te maak of die **prinses** te red, en soms 'n draak te red, maar dit is **alles verskonings** om die speler as wenner te kroon.

SHARE ON X (VERT.)

Vervolg op bladsy 59



## SLEUTELKENMERKE

### ● Digitale aard:

Hulle is baie gemaklik met tegnologie en het grootgeword met konstante digitale "konneksies".

### ● Verskillend en betrokke:

Hulle is die mees diverse generasie en is voorstanders van diversiteit en samehörigheid.

### ● Aanpasbaar en Veerkragtig:

Hulle pas vinnig aan by nuwe tegnologie en situasies, en toon inklusiwiteit in die geval van uitdagings.

### ● Entrepreneursgees:

Hulle het 'n sterk neiging tot entrepreneurskap en die skep van hul eie geleenthede.

### ● Sosiaal Bewus:

Hulle is besorgd oor sosiale en omgewingskwessies en is meesal uitgesproke voorstanders van verandering.

### ● Visuele Leerders:

Hulle verkies visuele studie en interaktiewe meelewing en leer dikwels deur tegnologie en aanlyn hulpmiddels.

### ● Onafhanklik en Individualisties:

Hulle toon opregtheid en 'n sterk selfbeeld, dikwels deur die gebruik van sosiale media as 'n platform om hul unieke identiteit te handhaaf.

### ● Die "AI"-geslag:

Hulle word groot met "Artificial Intelligence" (AI) wat toenemend in hul daaglikse lewens weerspieël word.

### ● Handelsmerk-voorkeure:

Hulle neem die voortou as dit kom by handelsmerke, met 'n voorkeur vir die persoonlike en boeiende ervarings.

### ● Familie-vastheid:

Ten spyte van hul onmiskenbare tegnologie-gerigtheid, is hulle ook familie-vas. Benewens hulle digitale voorkeure, is hulle aanpasbaar, divers en sosiaal bewus. Hulle tipeer ook 'n sterk handhawing van individualiteit en 'n voorbeeld van die entrepreneur.

### ● Toekomstige Verwysing:

Navorsers en bemarkers bestudeer elke tikkie van die gedrag van Gen Alfa, hulle voorkeure en die potensiële impak wat dit op die samelewing en die ekonomie sal hê.

(Google AI)

## FACTORS CONTRIBUTING TO ENHANCED EMOTIONAL INTELLIGENCE

### ● Parenting Styles:

Millennial and Gen Z parents are raising Generation Alpha with a focus on emotional intelligence, mental well-being, and holistic development, shifting away from the solely academic/financial focus of previous generations.

### ● Awareness and Education:

There's a growing awareness of the importance of emotional intelligence, mental health, and social responsibility within Generation Alpha.

### ● Educational Emphasis:

Schools are increasingly incorporating emotional learning, mindfulness, and social-emotional development into their curricula.

### ● Digital Natives:

While digital natives, they are also learning to balance screen time with real-life interactions, which is crucial for developing emotional intelligence.

### ● Social Media Awareness:

There's a growing understanding of the impact of social media on self-perception and emotional well-being, with efforts to promote digital empathy.

## HOW TO NURTURE EMOTIONAL INTELLIGENCE IN GENERATION ALPHA

● **Encourage face-to-face interactions:** Promote activities like family dinners, outdoor play, and storytelling to foster real-life emotional experiences.

● **Teach digital empathy:** Help them understand the real emotions behind online interactions.

● **Slow down instant gratification:** Encourage patience, problem-solving, and long-form reading to counter the culture of instant gratification.

● **Help them express emotions:** Provide opportunities for role-playing, open conversations, and journaling to help them articulate their feelings.

● **Balance technology with real-life experiences:** Ensure a healthy balance between screen time and offline activities.

● **Foster resilience, empathy, and cooperative skills:** Create emotionally supportive environments that encourage these qualities.

● **Shift from punishment to understanding:** Use consequence-based discussions and positive reinforcement to guide their behavior.

● **Involve them in creating household rules:** This promotes a sense of ownership and responsibility.

## BEDREIGINGS VIR GEN ALPHA

Terwyl **digitale interaksie** geleenthede bied vir **kennis, leer en verstaan**, veroorsaak dit ook geweldige bedreigings vir emosionele krag en geloof in jouself. Dit skep veral by minderbevoorregtes 'n gevoel van angstigheid, oorwerktheid en sosiale broosheid as gevolg van "**Beperkte Eksterne Blootstelling**" [In Engels "LEE" – Limited External Exposure] of "**Self-geïsoleerde-Besluitnemingsgedrag**" [In Engels "SID" – Self-Isolated Decision behaviours].

Blootstelling aan die digitale wêreld op 'n jong ouderdom het 'n groot invloed op emosionele beheer, konsentrasie op 'n bepaalde aktiwiteit/saak en die vermoë tot probleemoplossing. Navorsing het egter bewys dat die regte balans tussen digitale en "vanlyn" aktiwiteite negatiewe vermindering.

Voorstelle en strategieë oor hoe om emosionele veerkragtigheid en sosiale bevoegdheid by Gen Alpha te skep, berus op die nodige kennis by ouers en onderwysinstansies oor die veilige en verantwoordelike gebruik van hedendaagse digitale toerusting.

Gen Alpha word blootgestel aan unieke uitdagings tot geestesgesondheid wat veroorsaak word deur hulle "**digitale verslawing**", **sosiale isolasie** en **verhoogde angs**. Die oplossing van hierdie probleem berus op proaktiewe opvoeding oor geestesgesondheid en 'n wye reeks terapeutiese deelnames. Die mikpunt met navorsing is om kennis in te win tot gesonde digitale gewoontes by die Alpha-generasie.

Sodoende kan ons insig bekom tot die daarstelling van gesonde digitale gewoontes. Dan ondersteun ons ook die holistiese ontwikkeling van Gen Alpha deur bewuswording van die dubbele impak ("LEE" en "SID") van digitale gebruike.

Sneha Rao; Anand Shankar Raja M  
ISBR Business School (vert.)

## TEN SLOTTE

Hoe vol kronkels die pad vorentoe ookal lyk, ons moet dalk eerder aan die Generation Alpha dink as:

"I can be scared and still think clearly – with logic, heart and self-control. This is how you become a real alpha."

~Angela Abraham~

"Not everything will work successfully the first time, but that's how we all grow. By engaging, equipping, and entrusting Generation Alpha, we can set them up well for the years to come."

~Mark McCrindle~

*Ina*

# Om in feetjies te glo

deur Francois Lötter

'n Feetjiedogtertjie op 25 April 2014 op die terrein in die hartjie van die Paarl waar die skrywer, natuurnavorser, koerantredakteur, geneeskundige, regsgeleerde en digter van die eerste Afrikaanse gedig, *Winternag*, Eugène Nielen Marais (9 Januarie 1871 – 29 Maart 1936), op skool was.

**E**en aand toe sy al in die bed is, klop hy aan haar venster. Die somer is verby. Dit is ongeveer halfagt, en sterk skemer.

"Kom kyk hier," fluister hy.

"Wat is dit?"

Langs die heining staan 'n paar knoetsige denneboompies. Toe Edna uitkyk, sien sy 'n feetjie, 'n regte feetjie, langs een van die bome dans. Sy wil net uitgaan om te gaan kyk, maar hy hou sy vingers dringend voor sy lippe.

"Moenie hard praat nie. Jy sal haar skrikmaak."

Net toe kom 'n paar mense in Pretoriusstraat afgestap. Edna sien hoe die feetjie agter die stomp verdwyn, maar toe die mense verby is, kom sy weer uit. Eers 'n hele rukkie later vlieg die feetjie in die boom op en verdwyn. Dit is die wonderlikste ding wat met haar kon gebeur het.

"Ek het nooit daaraan getwyfel dat daar feetjies is nie," sê sy later. "Oom Eugène en ek het hulle dan saam gesien."

## Om in feetjies te glo

©Francois Lötter

Skryf vir my 'n gedig  
om in feetjies te glo  
ura 'n mensefee my  
een somer skemeraand

as jy nie in feetjies glo nie  
sal jy nooit in jouself glo nie  
as jy in jouself glo kan jy  
in donker alleen wees skryf ek

skielik word dit te gou donker  
ek wil nog so baie sien en leer  
vandag en môre en 'n ander keer  
by feetjies in die laat skemeraand



Foto: Francois Lötter

Een aand vertel hy vir Edna en Hettie van 'n dogtertjie met 'n toorstokkie wat haar onsigbaar kon maak. Edna is onmiddellik dol oor die gedagte – al wat sy toe wil hê, is 'n toorstokkie. Twee weke later roep hy haar: "Squg, – dit is sy naam vir haar – kom kyk wat het ek vir jou", en hy wys haar 'n stokkie van ongeveer twee-en-'n-halfduim lank, die een helfte skerp gemaak met die bas nog aan die ander helfte.

"Wat is dit?"

"Dis 'n toorstokkie!"

'n Toorstokkie! Wat sou sy nie alles daarmee doen nie!

"Hou dit in jou hand en kyk stip daarna," sê hy. "Waar dit wys moet jy gaan." Toe neem hy haar aan die pols en skud haar hand effens. "Stap nou." En sy begin stap, by die huis uit, by die trappies af, om die huis tot by die lukwartboom.

"Moenie net na die stokkie kyk nie," sê hy. "Jy moet kyk waar jy gaan. Kyk op die grond."

Toe sien sy 'n trippens onder die lukwartboom lê. Die stokkie het dit uitgewys!

Maar toe sy die stokkie wil hou, sê hy: "Nee, dis glad te gevaarlik", en dit was ook laaste sien.

Vervolg op bladsy 61



## Die Spinnerak-Rokkie

©Eugène N. Marais

'n Feetjie het vir haar  
uit spinnerak 'n doek vergaar;  
'n rokkie wit as heuningwas  
het sy toe aanmeakaargelas.

Maar nouliks was dit om haar lyf,  
toe kom 'n windjie, vlug en styf,  
en met die uiting van sy sug  
daar trek ons Feetjie deur die lug!

Haar maatjies staar haar treurig aan,  
hoe sy hoog oor die bome gaan,  
tot sy met heel haar rokkie fyn  
daar in die verte glad verdwyn!

As jy 'n rokkie ooit besit  
van spinnerak of iets soos dit,  
pas op hoe jy jou dan verroer,  
'n windjie mag jou glad vervoer!

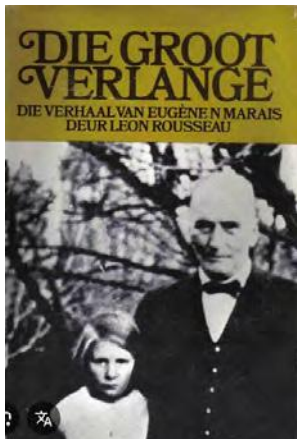
## Feetjie fyn

©Francois Lötter

Eendag toe tyd ons aanjaag  
op 'n wintersdag in menseland  
tussen blou en wit en rooi  
alles urolik vir 'n fees getooi

laat staan feetjie fyn die tyd stil  
stap en stop oral verby die mooi  
wat ons lank nie meer sien  
in die jaag van punt een tot tien

urolike voëltjies wat blare ritsel  
hoog in 'n eike honderd jaar oud  
wind se roering miertjies wat oral stap  
tussen kleure en geure langs ons pad



"As kind het ek by oom Eugène nooit geweet waar fantasie eindig of waar die werklike lewe begin nie", vertel Edna later. "Wat hy my ookal vertel het, het ek geglo."

Eers jare later, toe sy al twaalf of dertien was, sê sy vir haar oom Eugène: "Die mense dink ek is mal omdat ek in feetjies glo. Maar daar is mos feetjies. Onthou oom nie daardie aand toe ons een by die denneboom sien dans het nie?"

Toe lag hy, en ná al daardie jare vertel hy haar dat dit 'n poppie was wat hy soos 'n feetjie aangetrek en met 'n stukkies swart garing gemanipuleer het. Haar broer Charles het hom daarmee gehelp.

(Die feetjiestorie is 'n uittreksel uit *Die groot verlangte: die verhaal van Eugène N. Marais* deur Leon Rousseau. Dit het in 1974 verskyn en word beskou as een van die merkwaardigste biografiese werke in Afrikaans.)

Sometimes we need fantasy  
to survive the reality.

~Unknown~

Always be on the lookout  
for the presence  
of wonder.

~E.B. White~

"If you want your children to be intelligent,  
read them fairy tales."

~Albert Einstein~



Francois Lötter is 'n oud-joernalis wat van 2013 tot 2017 as vrywilliger by die Eugène Marais Stigting, 'n nie-winsgewende organisasie, betrokke was.

## Die Sinergie tussen Rugby en Finansiële Beplanning

deur Mark van Eyssen

**D**ie Paarl se Interskole 2025 is alweer geskiedenis en vanjaar se hoofwedstryd was voorwaar een wat uitstaan sedert die eerste kragmeting in 1915.

Op die oog af lyk rugby as 'n fisiek intense en vinnige spansport en finansiële beplanning wat gebaseer is op vooruitbeplanning, presisie en risikobestuur soos twee totaal verskillende wêreldes. Maar as mens dieper delf, kom verrassende ooreenkomste na vore. Beide vereis strategiese denke, gestruktureerde uitvoering, spanwerk en die vermoë om aan te pas onder druk. Trouens, die eienskappe wat 'n suksesvolle rugbyspan definieer, weerspieël dikwels dié wat nodig is vir gesonde finansiële beplanning.

### 1. Strategiese Visie en Beplanningsvernuf

In rugby begin sukses met 'n duidelike spelplan. Spanne ontleed hul teenstanders, identifiseer geleenthede en risiko's, en ontwikkel strategieë gebaseer op die dinamiek van elke wedstryd. Net so begin effektiewe finansiële beplanning met 'n deeglike begrip van jou doelwitte – of dit nou aftrede, die koop van 'n huis of kinderopvoeding is. Soos 'n rugbyspan sy plan moet aanpas, moet 'n finansiële plan ook ontwikkel soos omstandighede verander.

### 2. Dissipline en Uitvoering

In beide rugby en finansiële beplanning is dissipline ononderhandelbaar. Rugbyspelers moet konstant oefen, by die plan hou en gefokus bly onder druk. Finansiële beplanning vereis dieselfde: konsekwente spaargedrag, slim begroting en die vermoë om by 'n langtermyn-beleggingsplan te hou, selfs in onstuimige markte.

Dit is aanloklik om vinnige oorwinnings na te jaag, of dit nou 'n waaghalsige beweging op die veld of 'n spekulatiewe belegging is. Maar ware sukses kom deur die basiese beginsels reg en volhoubaar toe te pas.

### 3. Spanwerk en Professionele Raad

Rugby is in sy wese 'n spansport. Elke speler, van skrumskakel tot stut het 'n spesifieke rol en sukses hang af van

spanlede wat hul verantwoordelikhede nakom en mekaar ondersteun. Finansiële beplanning vaar ook beter as daar samewerking is, veral wanneer individue saamwerk met finansiële adviseurs, belastingkundiges of boedelbeplanners.

Net soos 'n afrigter rigting gee met ervaring en insig, help 'n finansiële adviseur jou om moeilike besluite met duidelikheid en vertroue te neem.

### 4. Aanpasbaarheid en Veerkragtigheid

Wedstryde verloop selde presies volgens plan. Die weer, beserings of 'n verrassingsbeweging kan die momentum verander. In die finansiële omgewing kan markskommelinge, loopbaanveranderinge of persoonlike terugslag ook skielike aanpassings vereis.

Goeie rugbyspelers pas vinnig aan en bly kalm, eienskappe wat net so noodsaaklik is in finansies. 'n Soliede finansiële basis, soos 'n gediversifiseerde portefeulje of 'n noodfonds is soos 'n sterk Reserwebank: gereed om in te tree wanneer nodig.

### 5. Langtermynfokus en Geleidelike Groei

Kampioenskappe word nie in een wedstryd gewen nie. Dit is die resultaat van maande of jare se voorbereiding en volgehoue prestasie. Net so word finansiële sekuriteit nie oornag opgebou nie. Dit vereis volgehoue goeie besluitneming, vroeg begin investeer, skuld vermy, portefeuljes hersien en belasting doeltreffend bestuur.

'n Span wat slegs op vinnige drieë fokus sonder om die spel ordentlik op te bou, verloor dikwels besit. In finansies lei die jaag van vinnige winste dikwels tot duur foute. Geduld en proses is noodsaaklik.

### Slotgedagtes

Die sinergie tussen rugby en finansiële beplanning lê in hul gedeelde afhanklikheid van dissipline, spanwerk, aanpasbaarheid en 'n langtermyn-denkpatrioon. Of jy op die veld is of jou finansiële toekoms opbou, sukses kom nie uit een enkele skuif of belegging nie, maar uit die vermoë om by jou plan te hou, by uitdagings aan te pas, en oor tyd volhoubare vordering te maak.



*Mark van Eyssen*

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# Bestuur jou GROOTSTE BATE

deur Wynand Viljoen

## IS KUNSMATIGE INTELLIGENSIE REGTIG DIE ANTWOORD?

**I**n die laaste tyd hoor ons geweldig baie van Kunsmatige Intelligensie (KI) en watter wonderlike gereedskap dit is in die werksplek en selfs in skole.

*In 'n onlangse gesprek met 'n laerskoolonderwyser wat klas gee aan graad 7 leerlinge, het sy haar skok uitgespreek dat haar leerlinge nie meer oplet wat jy aan hul probeer oordra nie en hulle bykans onmiddellik inskakel by KI op hul selfone en dan dinge kwytraak wat haar verstand te bowe gaan. Die grootste probleem met die toedrag van sake is dat hulle dus nie meer na haar luister nie en bykans niks inneem nie aangesien hulle weet dat hulle KI kan nader om hulle te help.*

KI is ook besig om die werksterrein in te neem met die gevolg dat sommige besighede selfs sover gaan om mense af te dank en dan ook slegs mense aanstel wat KI magtig is en weet hoe om dit te gebruik. Dit veroorsaak skokgolwe op sekere terreine en normale interaksie tussen mense word nou vervang deur 'n rekenaar of selfs selfoon waarmee navraag by KI gedoen kan word.

Van die KI programme is baie voordelig in byvoorbeeld die vertaling van dokumentasie en as jy op soek is na sekere informasie en hulp met byvoorbeeld die opstel van dokumente wat die baas baie sal beïndruk, maar dit verwyder die persoonlikheid uit die geleentheid.

As dit kom by die bestuur en hantering van werknemers gaan bestuur ook nou na KI en vra hoe hulle sekere aspekte moet hanteer en watter stappe hul moet neem teen 'n oortreder. Weer eens verdwyn die persoonlikheid uit die interaksie tussen twee persone en word daar staat gemaak op wat KI sê.

### Hoe word Menslike Hulpbronne hierdeur geraak?

Bestuur is nou van mening dat hul nie meer 'n menslike hulpbronne-bestuurder of klerk hoef aan te stel nie want KI gee al die antwoorde wat hulle soek. Aansoeke vir 'n vakante pos by 'n maatskappy geskied nou deur 'n aansoekbrief wat KI opstel en so ook die CV van die kandidaat. Die vraag ontstaan dus of dit werklik die persoon is wat aansoek doen om die pos of KI?

As dit kom by die hantering van dissipline is dit weer eens KI wat die antwoord moet verskaf en is die interaksie

tussen die individue 'n koue vlak van optrede, want KI sê sus of so.

Die eerste werklike skokke het onlangs die howe in Amerika en Suid-Afrika getref toe prokureurs en selfs advokate gebruik gemaak het van KI om voorleggings te doen aan die howe waar die voorsittende beamptes (regters) bewus geraak het daarvan en bevestiging gekry het van regslui dat voorleggings aan die hof van KI af kom. Die regslui is ernstig en kwaai aangespreek dat dit nie geduld sal word nie en ernstige stappe teen sulke regslui geneem sal word.

Dit bring ons terug by dissipline in die werksplek. Gaan ons toelaat dat KI ons regeer in die hantering van oortreders of gaan ons menslikheid steeds die rol laat speel soos tot nou toe?

Persoonlik het ek nie 'n probleem met die gebruik van KI in die werksituasie nie, maar ek glo dat ons moet seker maak dat die rol van die mens nie vervang word deur 'n sogenaamde "wyse" rekenaarprogram nie. Die eindresultaat kan slegs lei tot menslike robotte wat nie meer hoef te dink nie en die mensdom al hoe dommer sal maak omdat KI mos al die antwoorde het.

*"As AI continues to reshape the economy and society, governments around the world are stepping in with new laws, frameworks and oversight bodies to mitigate AI's growing risks. Prior to the administration change in 2025, the United States had launched several initiatives to study and regulate AI. For example, Executive Order 14110 mandated that federal agencies appoint chief AI officers and develop AI risk guidelines; however, it was later rescinded by the Trump administration. Further regulations may be halted in the U.S., as the Trump-backed One Big Beautiful Bill contains a clause that would ban states from regulating AI over the next 10 years."*

Wees dus gewaarsku en wees versigtig want  
Slim vang altyd sy Baas.

As jy dus van KI gebruik wil maak, maak seker dat dit om  
die regte redes is en menslik gebruik word.



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Ons deur staan oop vir meer hulp en in dié opsig het ons via die Internet dwars oor die RSA hulp verleen aan Bestuur in die hantering van die kwessies.

Wynand is lid van Alpha HR Management, 'n Menslike Hulpbron-maatskappy wat betrokke is by vele maatskappye en behulpsaam is met Menslike Hulpbronne soos werwing en veral ook Arbeidsreg sake via die Werkgewersorganisasie (KAW in die Paarl), waar hy optree as 'n beampte vir lede wat KVBA(CCMA) moet deurgaen. Hy verskaf ook opleiding op die terreine.

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# DRYING FRUIT ON SMALL SCALE

by Theresa Siebert



**P**roducers, home-garden growers and consumers alike dry fruit on small scale for various reasons. In some parts of the country, a large proportion of the fruit crop is dried as one of the methods of preserving fruit for use during the winter or in other times of scarcity. Much of the fruit that is not suitable for commercial purposes, can be saved on the farm through drying. Good, ripe fruit that have been slightly damaged by insects, can be processed into dried fruit of good quality. The home grower can dry a good supply of fruit with little trouble for use when no fresh fruit is available. Dried fruit has a high nutritive value and is extremely wholesome and palatable if prepared correctly.

## GENERAL TIPS FOR DRYING FRUIT:

- The fruit should be ripe but not over-ripe.
- Fruit can be dried uncut, cut into halves, quarters, or even smaller pieces.
- Fruit can be sulphured. Sulphur gives dried fruit an attractive light colour as well as acting as a preservative and makes the fruit less susceptible to infection with mite. Rock sulphur is packed with pieces of wood and ignited. If flowers-of-sulphur is sprinkled over this burning mass, the sulphur will burn out completely. Use about 1½ kg of sulphur in a sulphur chamber with a capacity of approximately 6.8 cubic meter, in other words 3m x 1.8m x 1.2m. While sulphuring is not essential, it is especially recommended for apricots.
- The fruit is prepared on trays for drying; there are a few types of trays to consider. Wooden trays are still largely used today. The most suitable size is 2.5m x 1m, and are excellent for drying apricots, peaches, pears, and figs. Wire-netting trays are extensively used for drying raisins and sultanas. The wire netting is tightly fixed into a permanent rack made with 4 corner posts, with lighter posts between these and cross-pieces to support the netting. One such rack may carry from 3 to 5 netting trays, one above the other. Reed trays are very efficient, will last for years and are particularly useful for drying raisins and figs. The reeds are generally used whole or may be split in halves. They are then fixed close to each other with the round sides facing upward on frames of 2.5m x 1m, using thin wire.
- Fruit is usually dried in the sun, but in very hot weather (33°C and above), it is advisable to stack the trays, placing wooden blocks between them to allow sufficient space between the racks to ensure proper air circulation over the fruit.
- During rainy weather the trays should be stacked and covered or brought under shelter.
- Most types of fruit must be turned when about three-quarters dry.
- The fruit may be covered with butter muslin during the drying process to prevent environmental contamination.
- To determine whether the fruit is sufficiently dry, squeeze a handful together. It should not stick or clump.
- When the fruit is sufficiently dry, it should be stored in heaps or packed away to reach a uniform moisture content.
- Dried fruit may be stored in calico bags, tins, or containers with tight-fitting lids.

## PEACHES:

The fruit should be fully ripe. Cut carefully along the sutures and remove the stones. Pack open on trays with the concave surfaces facing upwards. Peaches for home consumption may be peeled. Except in the case of large Elberta or Muirs peaches, it is not worth peeling the fruit. The fruit may be dried without sulphuring. However, a light sulphuring of 4 hours will not affect the taste much, but will produce a much finer product, less susceptible to mint infection. When sufficiently dry, the peaches should be stored in an airtight container in a cool, dark, and dry place, to maintain their quality and prevent them from drying out further. For extended storage, refrigeration or freezing is recommended.

## PRUNES:

When plums are fully ripe, they drop from the trees. The fruit are then collected, washed, and dipped in a boiling lye solution for approximately 5 seconds as soon as possible after collecting. 1kg to 2.25kg of caustic soda should be added to 190 litres of water. The test for the correct strength is to see whether the plums show fine cracks. After removing the plums from the lye solution, they should be thoroughly washed in cold running water to rinse off the lye. Care must be taken during this process to prevent injury. The plums are then spread out on wooden or reed trays and placed in the sun to dry.

## APPLES:

Apples are peeled when ripe but still hard. Inexpensive apple peelers are obtainable that also remove the cores and cut the apples into rings. The cores are removed, the fruit cut into rings and immediately put into brine (140g of salt to 4 litres of water). As soon as enough fruit has been prepared to fill the tray, the rings are removed from the brine and, if desired, taken to the sulphur chamber for a light sulphuring of about 1 hour. Place the apples on trays in the sun. The trays may be stacked after a day. Allow the trays to stand until the apples are sufficiently dry.

## RAISINS:

If Hanepoot grapes are available and in a good condition, and if the weather is favourable, stalk raisins may be made. The bunches are cut off carefully when the grapes are quite ripe and packed on trays. They are not dipped into lye. The drying process is a gradual one and while it is in progress, the bunches are turned over 2 or 3 times. The trays should be stacked in the evenings and covered with hessian. When dry, the bunches are carefully packed into boxes to obtain a uniform moisture content.

## MAKING CURRANTS:

The making of currants is a simple process. The grapes must be quite ripe (black in colour). Throw on racks without dipping or sulphuring but take care that the fruit is not too exposed to direct rays from a hot sun. Drying can also take place in hessian bags. The currants should be shaken up a few times while drying.

## Research and development on:

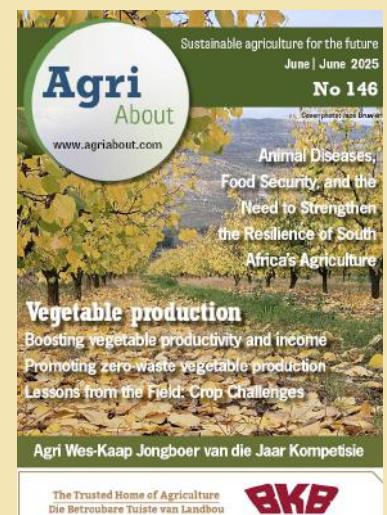
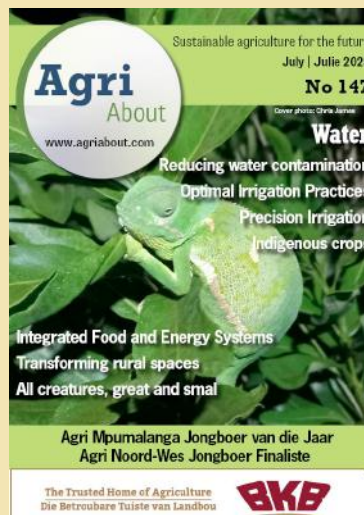
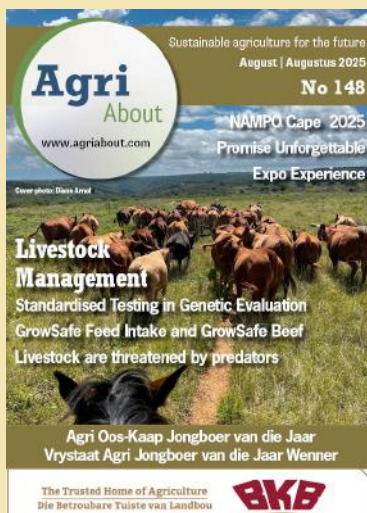
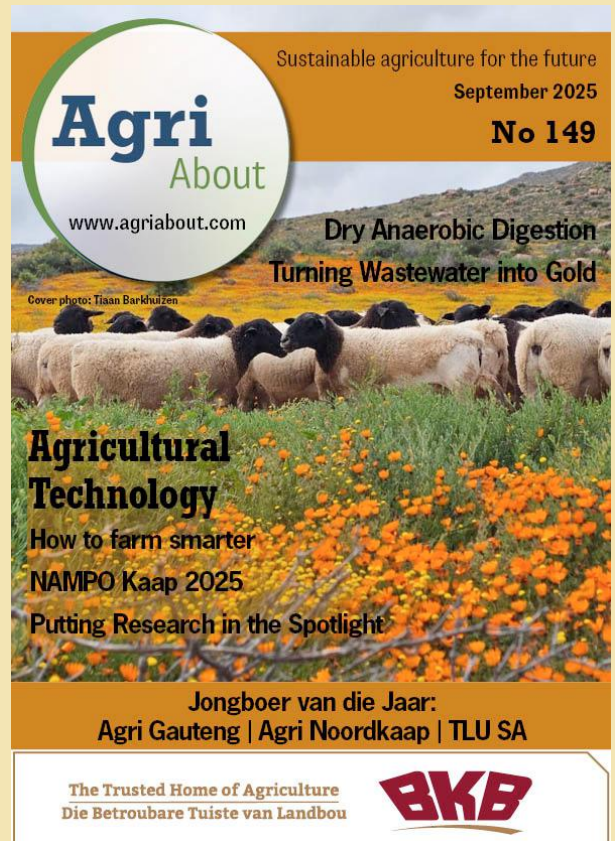
- Agricultural mechanisation and precision agriculture
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- Agricultural Infrastructure engineering
- Agro-Processing
- Renewable energy





## VOLHOUBARE LANDBOU VIR DIE TOEKOMS

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Om by te dra of om te adverteer

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# Wat maak jou gelukkig?

Mens kan ook vra, wat maak jou ongelukkig?

deur Dr Ansie Fourie

Ek onthou as kleuter het ek vir my ma gesê ek voel sleg. My ma was baie besorg en het my kop gevoel of ek dalk koors het en geura "is jou kop seer?", "is jou keel seer?", maar dit was nie dit nie. Ek het nog nie die emosionele intelligensie gehad om te weet hoekom ek sleg voel nie en dit het niks met fisiese gesondheid of ongesteldheid te doen gehad nie. Ek was verveeld en het 'n gebrek aan kreatiewe stimulasie ervaar en ek was eerder ongelukkig as wat ek siek was.

**D**aar is nie een antwoord wat vir almal dieselfde is nie. Ek het op 'n plaas in die suide van Namibië grootgeword. Daar was baie tye wat my pa as boer se gemoed beswaard was en net 'n goeie bui reën en groen bosse wat daarop volg kon sy gemoed positief verander. Ek onthou eendag toe dit begin reën het ons kinders uitbundig uitgestorm en op die piepklein grasperk gedans en gesing. Ongelukkig was die gewilde liedjie toe "Oh no, don't let the rain come down" en ons het dit gesing en gedans met vreugde maar my pa was woedend – geen erg aan popliedjies nie. Laat my ook dink aan Lize Beekman se liedjie "Ek het 'n boer sien dans in die Karoo." As dit maar eerder toe al bekend was, sou my pa ons verstaan het.

Toe ek begin het om Sielkunde te studeer, was die reaksie soms: "O Freud en Jung en daai manne!" want hulle was voor 1960 die mees bekende sielkundiges. Jung word beskou as een van die grondleggers van analitiese sielkunde. In dié verband het Jung en Freud saamgewerk, maar het oor die onbewuste van mekaar verskil. Freud het dit as neweproduk van die bewussyn beskou terwyl Jung van mening was dat die bewussyn uit die onbewuste afkomstig is. Jung het byvoorbeeld 4 argetipes van gelukkige mense voorgestel en hierdie argetipes was oorgeërf van die voorvaders en teenwoordig in die kollektiewe onbewuste.

1. Die Hedonis se standpunt is dat plesier die belangrikste waarde in die wêreld is. Dit wat moreel geregverdig is en ook die meeste plesier verskaf word nagejaag ten einde gelukkig te wees. Dit is die denkrigting waarvolgens genot en geluk die primêre of belangrikste intrinsieke aard en hoogste doel van die menslike lewe is.
2. Dan is daar die argetipe wat geluk in die vorm van rykdom, aansien en status as die ideaal beskou en nagejaag word as dit wat jou gelukkig maak.
3. Nihilistiese mense glo nie aan enigiets nie. Hulle ontken dat die lewe enige betekenis, waarde of doel het. Ek weet nie wat dit met geluk te doen het nie, maar sulke mense kan seker ook nie teleurgestel word nie.
4. Gelukkige mense is die ideaal. Hulle verstaan dat huidige aksies vir die oomblik plesier kan verskaf, maar dit beteken nie dat mens nooit enige negatiewe gevoelens ervaar nie of dat jy altyd vrolik moet wees nie. Soms moet mens tydelik ongerief of ontevredenheid ervaar ten einde 'n groter doel te kan bereik. Selfs mense wat gelukkig is, ervaar soms negatiewe gevoelens. Geluk is noodsaaklik om 'n tevrede of bevredigende lewe te lei.

Toe 'n joernalis met Carl Jung op sy 85ste verjaardag 'n onderhoud voer, vra hy hom wat die basiese faktore is vir 'n gelukkige lewe. Hy het die volgende uitgelig:

1. Goeie fisiese en geestelike gesondheid.
2. Goeie persoonlike en intieme verhoudings.
3. Die vermoë om kuns en die skoonheid van die natuur te kan waardeer.
4. 'n Redelike lewenstandaard en bevredigende werk. Hy het bygevoeg dat dit afhang van die redelikheid van 'n persoon se verwagtinge, want buitensporige verwagtinge kan moeilik bevredig word en het selfs ongelukkigheid tot gevolg.
5. 'n Filosofiese of godsdienstige uitkyk op die lewe. Daarmee het Jung nie bedoel dat mens getroue kerk-gangers moet wees om gelukkig te wees nie, maar eerder 'n positiewe uitkyk en lewensfilosofie moet hê.

In die onderhoud het Jung ook genoem dat 'n lys van faktore wat mens ongelukkig maak dalk baie langer sal wees. Hy het gemaak dat mens nie goed moet soek en begeer wat geluk moet bring nie, want as jy dit sou vind, kan dit jou dalk teleurstel as dit nie aan die verwagting voldoen nie. Niemand kan geluk vind d.m.v. vooropgestelde idees nie. Maak nie saak hoe ideaal jou omstandighede is nie, niks kan eintlik geluk waarborg nie. Jung het die bron van geluk gesien as die proses van "individueasie" (dit is die proses waardeur 'n persoon hom of haarself onderskei van enige ander persoon met 'n unieke sin van self, apart van ander en die samelewing se verwagtinge). Dit is volgens Jung die enigste ding wat ewigdurende geluk waarborg.

Daar is 'n nuwe skool van Sielkunde wat wegbeweeg van die invloed van die onbewuste en fokus op wat verkeerd en abnormaal is, nl. Positiewe Sielkunde wat fokus op die bevordering van vlakke van welsyn eerder as abnormaleite en versteurings. Berading of hulp aan mense wie se welstand nie optimaal is nie sal dus vir die bevordering van lewenskwaliteit wees. Martin Seligman se positiewe sielkunde-teorie fokus op die verbetering van welsyn deur te fokus op die bevordering van welsyn en op sterkpunte, positiewe emosies en betekenisvolle lewenservarings.

## BRONNE:

Jung interview with newspaper journalist Gordon Young, Sunday Times (1960).

Quality of Life Therapy. Michael B. Frish. John Wiley & Sons Inc. (2006).

Carl Jung's 5 pillars of happy people.

**Dr Ansie Fourie:** Ek het as Organisasie Ontwikkelingskonsultant in die Weermag gewerk. In dié tyd het ek 'n Meestersgraad in Organisasie Sielkunde verwerf en die onderwerp was "Quality of Worklife". Nadat ek uit die diens getree het met pakket, het ek ook 'n doktorsgraad verwerf met onderwerp "Psychological Empowerment: A South African perspective". Sedertdien hou ek myself besig met 'n vetplant kwekery asook deeltydse vryskutwerk met die ontwikkeling van kort kursusse gemik op bestuurders en toesighouers.







EVG

Ek verlang na die verlede  
as die Kokerboom geel  
blom in die hede



... my ma sê

ek mag nie iemand  
uit die hoogte  
aankyk nie ...

*yoda*

KATTEWALES