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Bonsai-kinders

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summer body

Sam

loves creepy crawlies

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Manager

Roland Kolesky
Tel: 013 243 1434

Editor

Tobie van den Bergh
tobie@mobserver.co.za
Tel: 013 243 1434

Advertising

Lizelle Botha
Tel: 079 890 3917
getitads@witbanknews.co.za

Advertising Manager

Henriëtte Pieterse
Tel: 013 243 1434
henriette@mobserver.co.za

Proof Reading

Ronel Badenhorst

GET IT HEAD OFFICE

National Group Editor

Kym Argo
kyma@caxton.co.za

National Sales Consultant

Shirley Frattaroli
Cell: 083 633 6100
shirley@caxton.co.za

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Out & About

Summer is here – at last. Let the activities begin.

1 Bierfees by die La Rochelle Gasteplaas op die ou Middelburg/eMalahleni pad. Stalletjies is R400 per stalletjie. Die Oompah orkes tree op. **Vir navrae, bel Annelien by 082 227 6726.**

1 Route 540 Wine Festival in Dullstroom. Wine tasting on this day. **Forenquiries, call 083 646 3686.**

1 Koppiestraat Middelburg herwiningsprojek tussen 08:00-17:00. Bring jou plastiek of kartonne, blikkies en papier. Die inwoners sorteer dit uit. **Vir navrae oor die projek, bel Frans van Dyk by 082 920 4379.**

2 Festival of Chariots. 12:30. Starting at Reyno Ridge Shopping Centre. Hosted by the International Society for Krishna consciousness. Free vegetarian meals will be served and gift shops and food stalls will be available. Books, CD's and DVD's will also be available. **For further information please contact 083 291 6273 or 083 647 6341.**

2 Highveld Mall Décor show. Win a room makeover. **Contact 013 692 6010 or www.highveldmall.co.za**

3 SA Tentpegging Championships at Pienaardam. **For enquiries call 013**

282 7816 or 082 325 8226.

6 Rugby kuieraand saam met Derick Hougaard, Johnny Burger (Sport Hall of Fame) en Marulaboom om 18:00 by Event City. Kaartjies beloop R200 vir volwassenes en R100 vir kinders (o/12). **Vir navrae bel 072 106 5231, 083 230 7029 of 074 895 1068.**

6-9 Horseback Adventure - Ruby Cliff Horse Ranch, A Forever Retreat. Explore the magical countryside on horseback. For only R975 per person you will get two full days of horseback riding, breakfasts and bush-braai dinners and free stabling and trail riding. **Contact 082 075 0799**

14 NG Suid se gewilde aandmark vanaf 16:00-19:00. Stalletjies met vele snuisterye en kuns. **Vir navrae, stuur e-pos na mark@midsuid.co.za of Sanet Maré by 013 243 3765.**

14 Mel Botes. For the past five years Mel Botes has entertained audiences all over the country with his critically acclaimed musical performance, Crazy Diamond - A Tribute to Pink Floyd. Audiences and critics agreed that he mastered the complexity and density of the Floyd in a

way that none of the other tribute shows have achieved. 'Dominoes' promises everything audiences have come to expect from the virtuoso and features the best of his Pink Floyd, Dire Straits and Mel Botes' repertoire - a combination of the three productions in one. **This show is happening at The Blue Room in Witbank at R380 per person. Tel: 013 656 1199.**

15 The Gorge Trail Running Series and 18km Mountainbike ride for families. Scenic, technical route with enough single tracks. **For enquiries, call Ryk at 083 528 9586 or www.buffalogorge.co.za.**

28 Charity golf day. CTC is playing host to their annual charity golf day. This is set for Friday, October 28 at Witbank Golf Club. The format for the day will be a two-ball-better-ball shotgun start. Entry is R180 per player and it includes a meal during prize giving. **To book your spot, phone 013 656 3109 or email: wtbgolf@mweb.co.za or Annalize Marais 013 692 3121 X265 email: accounts@ctctraining.co.za.**

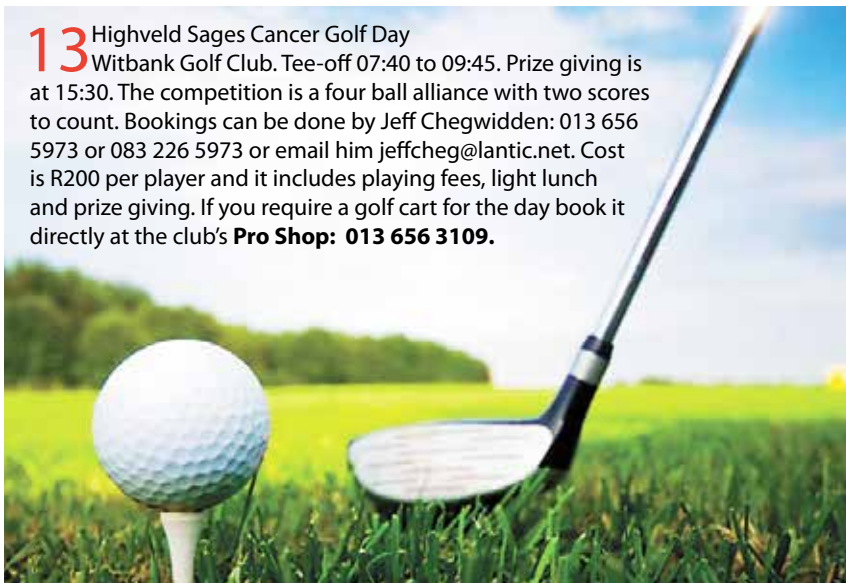
28 A raps of laughter. Another date to diarise is October 28, which will see Radio Raps returning to The Ridge with another demonstration of his comedic genius. It promises to be an evening of side-splitting entertainment, and another event not to be missed. Tickets are available at R150 per person at Computicket. **Contact The Ridge on 013 655 9300 or visit: www.theridge.co.za.**

28 Hospice bak pannekoek by hul kantore in Kogelstraat teen R4 per pannekoek. **Bestellings kan gedoen word by 013 243 5713.**

28 Barnyard tree op by Pienaardam. **Vir navrae en besprekings, bel 013 282 7816 of 082 325 8226.**

29 Gereformeerde Kerk, Noord gemeente hou basaar vanaf 08:00 met van naaldwerk- en gebak, tot speletjies en lekkernye. **Vir navrae, bel die Kerkkantoor by 013 245 1359.**

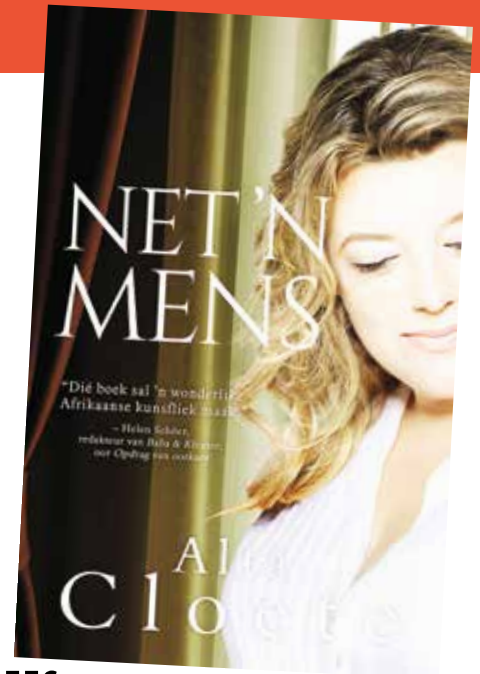
13 Highveld Sages Cancer Golf Day Witbank Golf Club. Tee-off 07:40 to 09:45. Prize giving is at 15:30. The competition is a four ball alliance with two scores to count. Bookings can be done by Jeff Chegwidde: 013 656 5973 or 083 226 5973 or email him jeffcheg@lantic.net. Cost is R200 per player and it includes playing fees, light lunch and prize giving. If you require a golf cart for the day book it directly at the club's **Pro Shop: 013 656 3109.**



Review

LUISTER: JOSHUA NA DIE REËN - DIE WÊRELD BINNE MY

Joshua na die Reën se unieke musiekstyl en strelende stem boei luisteraars reeds sedert die eerste note van sy debuutalbum, Joshua na die Reën, in 2014 die radio en Afrikaanse musiekbedryf kom verower het. Hoendervleismooi is die perfekte woord om sy splinternuwe album, Die wêreld binne my, op te som. Sy kenmerkende fluweelstem is die perfekte pasmaat vir die interessante kombinasie van kontemporêre klanke en instrumente, wat met groot sorg by elke liedjie ingewerk is, en die eindresultaat is so treffend dat dit aanhangers se harte weer opnuut sal steel. Die album is volgepak met roerende lewenswaarhede en aangrypende melodieë, wat nie net in jou kop kom vassteek nie, maar jou ook onwillekeurig sal laat saam neurie.



LEES: NET 'N MENS - ALTA CLOETE

Op Sanet Smit se vyftigste verjaarsdag praat 'n vriendin haar mond verby. Ja, Sanet se man het 'n verhouding gehad met iemand anders, maar dit was nie 'n vrou nie. Willem is gay. Almal weet dit, behalwe sy wat Sanet is. Almal praat daaroor, maar net agter haar rug.

Die ligte skakel een vir een aan, maar dit wat sy nou waarneem, wil sy nie sien nie. In haar poging tot groter begrip, word sy deel van Willem se vriendekring en word gekonfronteer met 'n ouerlose dogtertjie en 'n woedende tienerseun wat haar aandag verg.

'Net 'n mens' is die opvolg op 'Opdrag van oorkant', en die tweede boek in die reeks wat uiteindelik 'n vierluik sal vorm. Dié roman stel verskeie vrae aan die leser: Hoe verwerk 'n vrou die ontdekking dat haar man gay is? Is dit noodwendig die beste keuse dat hy uit die kas moet kom? Die boek word deur Lapa Uitgewers uitgegee. Gaan besoek gerus hul webtuiste: www.lapa.co.za.

Drie lesers staan 'n kans om dié boek te wen. Al wat jy moet doen is om die maklike vraag te antwoord en dit saam met jou kontaknommer na zita@witbanknews.co.za te epos. Vraag: Wie is die uitgewers van die boek?

Don't miss it!



WATCH: JACK REACHER - NEVER GO BACK

Set four years since the first film events, Jack Reacher is returning to the headquarters of his old military unit, but reveals that he is now accused of a 16-year-old homicide. This makes it more personal for him as he finds out that he is part of something much bigger than he ever thought before.

This American action thriller film directed by Edward Zwick and co-written with Richard Wenk and Marshall Herskovitz is a sequel to 2012 film Jack Reacher. The film stars Tom Cruise, Cobie Smulders, Danika Yarosh, Aldis Hodge, Patrick Heusinger, and Holt McCallany. Make sure you do not miss this action-packed movie showing at Movies @ The Ridge.

Wish List

Bringing summer home

Stop and smell the lavender

Lavender is by far one of our favourite herbs. Not only is it beautiful, but it has hundreds of uses. It is a fragrant aromatic, a relaxing herb, and it can be used in baking, lotion making, gourmet cooking, tea brewing, tinctures and much more. Tie a handful of fresh lavender flowers together with decorative string or ribbon, and hang it on a door for a cozy and fragrant décor. You can bake with organically grown lavender by adding it into scone, cake or cookie recipes. Do a search online to find a recipe that appeals to you. Place a lavender pillow in your linen closet and dresser drawers, to add a sweet scent to clothes and linens. The uses are unlimited. Visit Middelburg Garden Centre and Riverside View Nursery in eMalahleni where you will find this herb and a variety of others. Prices vary.

Details: Hugo: 082 888 5014 or Yolanda: 082 921 3556.



Elegant touch

This signature style rings from Pandora is a fashion statement of note. The architectural sterling silver and 14k gold bands of cut out hearts showcase glossy pops of enamel colour and bridges of brilliant stones. **Get It** found it to be a fun form of a classic clean design, which are ideal for stacking and mixing and matching. This hand-finished and contemporary jewellery are affordable and unique. Visit www.pandora.net to find your nearest stockist here in eMalahleni. These rings are about R1 199 each.



Let there be light

Create a romantic touch for an evening outside with these solar hanging lights. Solar lighting is not only better for the environment, but it also saves you money. It can last for hundreds of thousands of hours, and they require only a small amount of power, which is regenerated through exposure to the sun during the day. You have spent a lot of time and energy into creating the perfect garden landscape for your home, now it's time to kick back and enjoy it with the Solar Flair Glass Bottle lights you can find at Builders Warehouse at only R49 each. **Details: 086 028 4533.**



The perfect gift

Get It discovered the perfect gift idea. If you do not know what to give someone who has everything try this very cool bottle idea. Whether he likes fishing, or she likes baking or manicures or pedicures there is a bottle for everyone including couples. For instance in the 'Movie night for two' bottle there is popcorn, sprinkles even two movie admission tickets and an adorable holder for the popcorn. Give someone the night off and spoil them with a movie on Box office. All you have to do is send them the bottle and they will get the message. For dad there is a fishing-bottle for mom something to bake-bottle. The list is endless. You will find these very interesting gifts at All about parties at the Leo Plaza shopping centre and the price tags start at R80. **Details: 082 440 5043**

Timeless elegance, now in a foambath

Vinolia, the brand well-known for beautifully wrapped luxury soap bars is proud to announce the extension of their product range to include a foam bath. The Vinolia Foam Bath launched in three variants, Rose, Lavender and Vanilla. **Get It** can vouch that the new Vinolia Rose Foam Bath is enriched with silk extract which actively aids in moisturising your skin for a velvet soft finish. The second variant, Lavender is enriched with camomile extracts which act as a mild relaxant. After a long day, settling into a hot tub with scent of Lavender and the calming effect of camomile is sure to wash any stress away. Vinolia Vanilla Foam Bath boasts superfruit extracts made up from a combination of blueberries, cranberries and Goji berries. All three of Vinolia's new foam baths are available at Dischem from R29.99. **Details: 013 692 9500. Two lucky readers can each win a hamper courtesy of Vinolia. All you have to do is send your name and contact number to zita@witbanknews.co.za to stand a chance to win one of the hampers.**





Phuti Khomo and Jacolean Pretorius-Grobbelaar.



Phuti Khomo and Gerda Nobbs.



Phuti Khomo and Doreen Mogane.



Nurse Mahlalela, Phuti Khomo and Ria Sibanda.



Phuti Khomo and Leroy Ledwaba.



Sandile Maseko and Phuti Khomo.



Anje Colvin and Phuti Khomo.

Lunch date with Phuti

Phuti Khomo is not only beautiful, she has a personality to match and people love her. This actress, radio DJ, television presenter and model is best known for her role as fashion designer Carol Chabeli in the SABC2 soapie Muvhango.

Ladies had the privilege to lunch with Phuti at The Davi Theatre at The Blue Room on August 4. This turned out to be an afternoon filled with laughter, jokes and a lot of new friendships formed.

Photos and text: Zita Goldswain.



Wie het gesê net die ouer garde het skaapkop-eet kultuur? Dié groep jong manne het elkeen 'n hele skaapkop verorber.

Skaapkopaand met Touch of Class

Daar is tot laatnag saam met die gewilde groep, Touch of Class, gekuier tydens die jaarlikse Skaapkopaand. Die skaapkopaand is elke jaar die groot kuiergeleentheid as deel van die Hartland Landbouskou. Meer as 500 gaste het gekuier, gedans en gesmul aan die meer as 250 skaapkoppe, beesstert en heel hoenders wat voorgesit is.



Marietjie Gerrits help opskep.



Groot vriende Kobus Pieters, Gerrie Gerrits (eienaar, Pienaardam), Johan Howard en Fouche Blignaut het vrolik saam gekuier.



Petro Swart was een van die min vroue wat skaapkop geëet het.



Regardt van der Band (7) sê dit was nie die eerste keer wat hy 'n skaapkop getakel het nie.



Die eienaar van Pienaardam, mnr. Gerrie Gerrits (middel) saam met Touch of Class se Ruhan du Toit en Deon van der Merwe.



Geraldi Spurling en Maryna Labuschagne.



Marlise Labuschagne en Sudre Pheiffer.

Daar is 'n sprankel in elke vrou

Natasha Sutherland het die vrou van eMalaheni kom inspireer en motiveer in vrou wees met die bekendstelling van die nuwe Skinderm gesigreeks- en grimering demonstrasies. Al die dames is weereens daaraan herinner dat elkeen sprankel. Die nuwe grimeerreeks, Bodyography Professional Cosmetics is by Perfect 10 in Highveld Mall beskikbaar.



Marlise Labuschagne.



Marlise Vorster, Susan Pheiffer en Sudre Pheiffer.



Rozanne Buitendag .



Natasha Sutherland.



Natasha Sutherland en Susan Pheiffer.

Heerlik gekuier by die Wees Wakker Fees

Die jaarlikse Wees Wakker Fees wat deur Laerskool Middelburg gereël is, was propvol pret met 'n reuse speelarea vir die kinders, heerlike kos en versnapperinge vir die volwassenes en musiekswaargewigte Jay, Riana Nel, Karlien van Jaarsveld, Robbie Wessels en Dewald Wasserfall om almal te vermaak.



Mauritz van der Merwe en Gert Grobler.



Anphia Grobler en Monya Smit.



Chris Harmse, Joey Petzer, Krynauw Otto en Franzette Snyman.



Agter: Magda Bester, Marechelle Oelofse, Soené Liddle, Nicole Davel. Voor: Yvette Swanepoel en Melanie Jones.



Natacha Cabral en Tanya en Christoffel van Deventer.



Gerhard Nel.



Danika Du Preez en Mikke de Haan tussen die berg teddiebere wat ingesamel is.



Rina Faure en Anna van Dyk.



Bets van der Walt en Shanlie Meyer.



Ijanca Anderson.



Ashley Dedekind.

Tee en teddies met 'n goeie doel

Die Teddy Bear Tea Party was 'n swierige gedoente, en hoe dan anders met die Franse tema. Die finaliste vir verskeie skoonheidstitels in Middelburg, Nkangala en eMalaheni is tydens die geleentheid aangekondig en aan die publiek voorgestel. Die Teddy Bear Tea Party ondersteun Cansa asook die Teddybear Clinic met die fondse en bere wat tydens die geleentheid ingesamel word. Die sukses van die jaarlikse Teddy Bear Tea Party het weereens bewys wat die term 'beauty with a purpose' nou eintlik beteken.



Voor: Lorette Ligthelm, Anita Venter. Agter: Melissa Venter, Corne Schuck.



Hellen Strydom (Mev. Middelburg 2015).



Elizabeth van Dyk en Alida Cilliers.

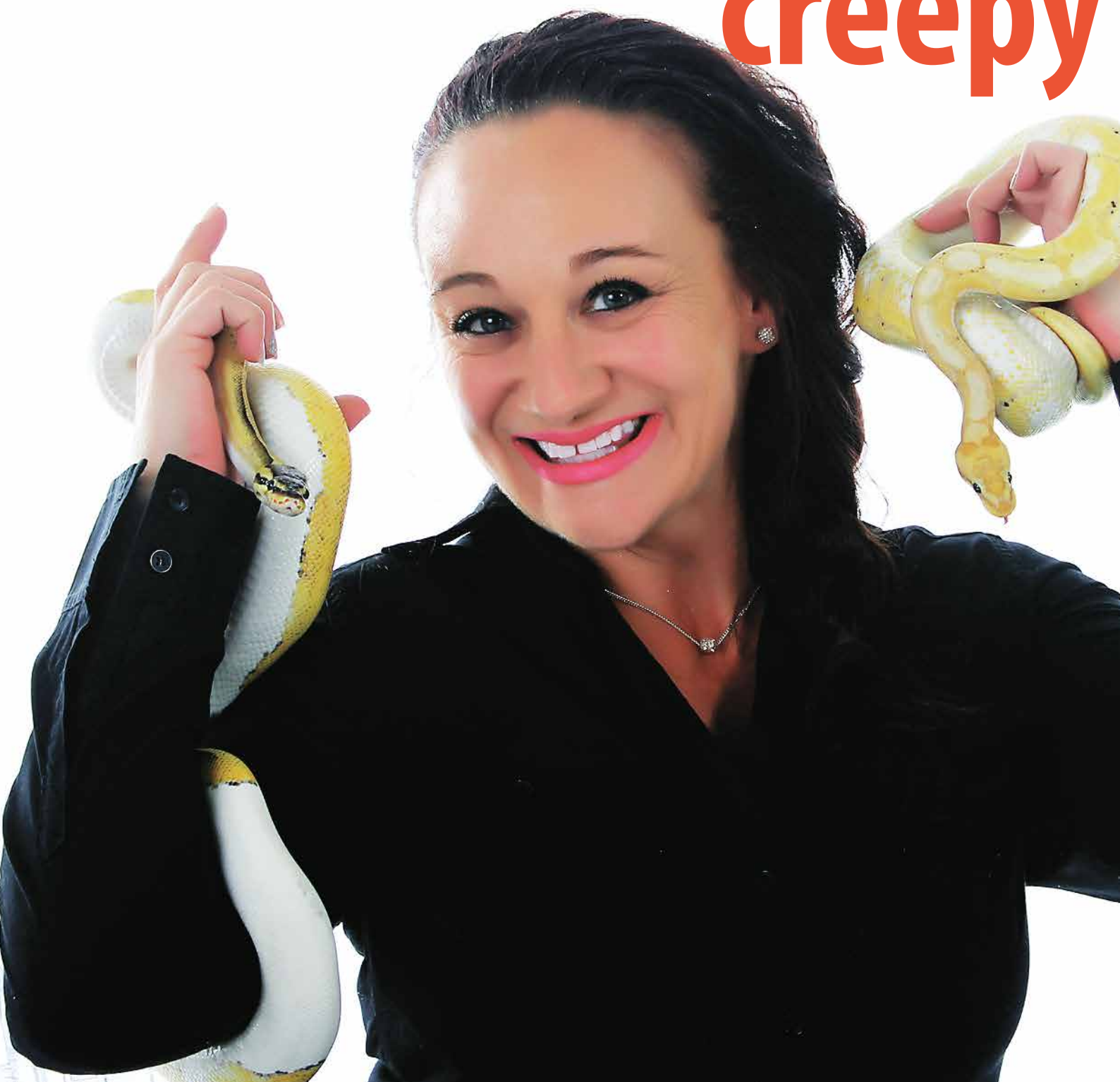


Maryna Lindhllm, Betsie Dedekind, Mariette Bezuidenhout, Charmaine Meyer en Juanita Dedekind.



Chere Harmse (Little Miss Witbank 2015).

Sam just creepy



loves crawlies, geckos & snakes

Women are often stereotyped as having a dislike of dirt, a fear of snakes and an abhorrence of bugs. For some, bugs and reptiles bring on a visceral reaction to scream and run. But Samantha Kemp will pick it up, 'oooh' and 'ahhh' and most probably put it on a twig and spend a few more minutes to make sure it is safe and sound.

Sam, as she is fondly known, won the Department of Agriculture, Forestry and Fisheries (DAFF) Female Top Entrepreneur Exporter 2016/17 provincial award.

This award aims to honour the efforts and contribution of women, young females and women with disabilities for the role they continue to play in food security, poverty alleviation, job creation and economic growth within the sector.

The programme has a long-term aim of leveraging women entrepreneurs from being subsistence and smallholder producers to commercial entrepreneurs who also venture into export markets.

And that is just what Sam is doing.

Together with husband, Henry they work hard on creating new morphs and breeding top quality reptiles for export. That means that they have to import certain genes that are not available in South Africa.

For Sam a day starts at 08:00 and there is no stopping until all the animals are fed and cages are cleaned. There are close to 1 500 animals that needs attention. This goes on 365 days a year, they never take a break because animals need care every single day.

"We make sure all our animals get a well balanced diet and the rooms are controlled to their special temperatures. Breeding season we pair them and once they have laid eggs we take the eggs and place them in our incubator designed with the right temperature to hatch the eggs successfully, once the babies are out we place them in the correct Husbandry suited for them caring and lots of love goes into them until they are exported and sold," she explained.

Don't think you just put an animal on the plane and off it goes to its new owners. It is a much more complex task.

"We raise our babies that we bred, take photos and place it on our website. From there clients can select from the

variety we have on offer."

The animal then gets packed, permits sorted out, health certificates from a state vet obtained and only then the trip to OR Tambo International Airport is undertaken. Once there, the animals and documentation are inspected then a clearing agent takes it from there to the new destination.

This beautiful woman with the contagious smile had to take the reigns when Henry ended up in hospital due to burn wounds he sustained when Animaniacs burnt back in March 2013.

She jumped into the driver's seat and carried on with the business.

Sam's love for animals was there since she was just a toddler.

"The people use to call us the local SPCA, as my aunt and I always brought home all the stray animals."

Geckos have a very soft spot in Sam's heart, "I love Leopard- and Crested geckos. The way they change colour from birth to adult, their very loving nature and awesome personalities make them such wonderful pets."

Sam quoted Anatole France as she gets another batch of water and food ready for her animals: 'Until one has loved an animal, a part of one's soul is unawakened'.



Annelie raak siele aan *met haar skilderye*

'Dit is in my are en ek voel nie soos Annelie as ek nie skilder nie'

Annelie Hertzog is 'n kunstenaar, gebore in 'n sendinghospitaal, wat 'n besondere boodskap met haar kuns wil kommunikeer.

Sy is in Vandaland gebore en was van graad drie tot matriek in Stella in die Noordwes, waarna sy haar honneursgraad in Kultuurgeskiedenis aan die Universiteit van Pretoria verwerf het.

Daarna het sy kuns deur UNISA studeer vir ongeveer 12 jaar en vir 'n paar jaar ook kunsklasse aangebied.

"In daardie tyd het ek doeke geskilder van goed waarvan ek hou en dit het stadig maar seker vir my begin duidelik word dat hierdie iets is wat ek wil doen - ek wil skilder. Ek wil die lewe se mooiste oomblikke vasvang op 'n doek. Ek wil vloeiende en grasiouse lyne skep en warmte en emosie na mense se huise bring. Ek wil skoonheid en onskuld uitdruk en met kalmte kommunikeer."

Vir die eerste keer het sy gemaklik daarmee gevoel om verslaaf te wees aan kuns skep.

"Toe ek eers die boodskap wat ek wou

kommunikeer vind, het ek geweet ek is nou volwasse genoeg om 'n voltydse kunstenaar te word, want ek het iets om te sê."

Sy het haar man, Colin, op universiteit ontmoet en hulle het vir vyf jaar in Zimbabwe gebly.

"My eerste twee kinders is daar gebore en ons het ook 'n vierjarige laatlammetjie wat hier gebore is."

In 1999 het hulle in Middelburg aangekom en in 2000 het sy by UNISA afstudeer en voltyds begin skilder.

"Van kleins af het ek daarvan gedroom om 'n kunstenaar te word. My ma was 'n kunstenaar en ek het altyd gesit en kyk hoe sy skilder. Dit is iets wat ek nog altyd net gedoen het en iets wat ek kan doen. Dit is in my are en ek voel nie soos Annelie as ek nie skilder nie."

Dit is regtig elke dag vir haar lekker en sy kan werklik enige iets skilder.

"Elke skildery is 'n uitdaging. Ek fokus die laaste ruk op figuurstudies soos kinders. Ek is altyd opsoek na die regte lig as ek skilder. Die sagtheid word deur

die beligting beklemtoon en ek skilder agter die lig aan. As ek 'n tema moes koppel aan my werk, sou dit beslis lig wees - lig wat reg val."

Die bemerkingsaspek van haar werk is al wat vir haar swaar is en sy verkoop haar werk waar daar voete is.

"Kunsteefeeste, galerye en winkelsentrums is van die plekke waar ek my werk uitstal. Kunsteefeeste is veral 'n groot platform waar ek kan smous," lag sy.

Dit kan enigets van twee dae tot twee weke neem om 'n skildery te voltooi.

"Dit hang maar af, want soms sukkel mens en soms werk dit net dadelik."

Buiten vir skilder, sing sy nog boonop in Capital Singers, 'n massakoor.

"Ons het onlangs musiekblyspele se musiek gesing. Ek hou van alle tipe kultuurgoed en lees is beslis my gunsteling stokperdjie - as ek tyd kry - anders luister ek maar oudioboeke terwyl ek skilder. Ek dink ek is verslaaf daaraan!"

Sy oefen ook kliphard drie keer 'n week om by haar vierjarige se energievlakke te hou.

"Ons gesin geniet ook die buitelewe en gaan stap en kamp gereeld."

Die dorp, omgewing, geskiedenis en die mense is dinge wat haar inspireer.

"As kunstenaar is daar altyd nuwe gebeure in my lewe. Of ek werk aan 'n nuwe skildery of 'n nuwe uitstalling. Ek is gereeld besig om nuwe dinge aan te pak wat ek voorheen nog nie gedoen het nie. Elke keer is dit 'n persoonlike oorwinning, want ek groei as 'n persoon en kunstenaar."

Annelie wil, soos een van haar rolmodelle, Michelangelo, ook haar lewe aan kuns wy en skilder tot sy tagtig is.

"Ek wil vreugde en vrede na mense se huise bring wat mense se siele sal aanraak."

Om meer van Annelie en haar kuns te wete te kom, besoek haar webwerf by www.anneliehertzog.co.za, stuur 'n e-pos na annelie@anneliehertzog.co.za of cechertzog@nhk.co.za, of kontak haar by 084 209 4407 of stuur 'n faks na 086 663 3494.





Super charity woman *Chantal Bekker*

President of the Rotary Club Middelburg Cycad, chairperson of the Greatest Train Race, full-time sales consultant for Rand-Air, wife and mother of two – Chantal Bekker is certainly a kind of superwoman.

This lady, who is always on the move, grew up in Amanzimtoti and matriculated in Ladysmith. “The best thing that happened to me was getting retrenched in Ladysmith. After three months I started working at Rand-Air, a division of Atlas-copco (PTY) LTD, and I’ve been with them for 17 years. They are very supportive of the charity work that I do.”

She’s also won many awards nationwide including department manager of the year, internal sales consultant of the year, external sales consultant of the year, highest remuneration and much more.

Chantal is also a qualified education training and development practitioner.

Despite her full-time job, she also does full-time charity.

“My whole family and I do charity together. We have the same passion for service and it is easy to ask on behalf of someone else. My husband, Jacques, and daughters Lara (12) and Careece (11), are very supportive. The girls have been doing charity work since they were four as Rotary Early Actors and would visit children’s and old age homes.”

Jacques and Chantal both volunteered on the CANSAs board for four years.

“In 2014/2015 Jacques was the chairperson and with a great team of volunteers hosted a very successful Cansa Relay for Life event in 2015. He is currently chairperson of KDM Group, a community-based organisation assisting people in need.”

Her love for charity started in 2009 when she longed to do something.

“My husband told me to go find out where I can help. So I called the municipality and asked for a list of places in need.”

In 2010 she was Miss Middelburg and from there on she got more and more involved in charity work.

“A woman phoned me and told me about the crown and sash that I could win but it wasn’t enough for me. She kept on phoning and then mentioned something about charity. She caught my attention and because I wanted to know more about the charity aspect, I participated.”

She exercises daily to keep a healthy mindset and will also be a Care Rider at the this year’s Tour de Farm.

She always travels with a bag of apples in her car in case she encounters a homeless person.

“A homeless man once said that the apple I gave him was the best he had ever eaten and from thereon I always travel with a bag of apples.”

As president of Rotary, she works with a team of passionate people where every single member of the club actively works towards making a difference in the community.

“I believe our projects are a success not because of me but because of the team that works together to make it happen. Rotary brings together a global network of volunteers who dedicate their time and talent to tackle the world’s most pressing humanitarian challenges. Rotary connects 1,2 million members from more than 200 countries and also works towards a polio-free world.”

Rotary is involved and assists many charity projects, just to mention a few: Pink Trees for Pauline, Hospice, Cansa, Wondershoek Kinderhawe, SAFV old age home, Rivierpark, Vergeet my nie, Belfast Old age home, Aiden fundraising, George Watson fundraising, Mande-

la day toy project for 200 kids, Swemb 45 kids away for a weekend, Swemb 2 weeks, Elderly away for a week, Rotary Early Actors, Hendrina Garden project.

Chantal lives by 1 Corinthians 13:5 that says love does not keep record of the wrongs.

“Without God nothing is possible. I know where I get my strength from. It is not my power but His and I know that.”

Her mother, Marie, is her mentor in life.

“She is a talented dressmaker and clinical hypnotherapist. When she was 20, she turned partially blind. When she studied, my dad had to read her the books after class every day. She was the best student despite everything and she is an example that everybody can achieve their dream. So whenever I feel down, I just give her a ring and she’ll lift me up.”

When Chantal finds the time to relax, she enjoys a candlelit bath.

“That is the best way I relax - until my children jump in the bath with me of course!”

This organised, honest, energetic, positive and caring lady who seems to have more than 24 hours in her day, is truly an inspiration and a superwoman.

“I believe we have so many caring people in our community and many want to help but don’t always know where to go, like me in the beginning of my journey. I want to create an environment where people around me is affected in a positive way and want to see people grow and develop through life. I want to add value to someone’s life.”

People who would like to volunteer with Rotary projects are very welcome to email Chantal at chantalbekker7@gmail.com.

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David Marks of Master Jack in 1968

Get It tracked down former resident of the then Witbank, David Marks, writer of the international hit 'Master Jack'

Who is *Master Jack*?

The song 'Master Jack' always held a little bit of magic, a little bit of mystery and enigma and little did we know that the composer of that hit song grew up right here on our porch.

For years people had their own distinctive meaning for this song, which reached the number one spot on various hit parades internationally. Some say it had to do with 'apartheid' back in the 60's and 70's, some say it is the streetname for a drug, some even related it to the flag of England, the Union Jack.

Glenys Lynn, from Four Jacks and a Jill once said: "In certain mines the foreman is called 'Master Jack', and the song tells the story of a labourer who works diligently for this master for years and years and then decides to go out on his own and exercise his desires and aspirations as an individual to be something other than a labourer".

The song, recorded by Four Jacks and a Jill, hit the American charts in 1968 rising to number 18 on the Billboard top

100.

Get It tracked down David Marks, born Spiros David Markantonatos, in Durban where he now lives with his wife Frances.

For David 'Master Jack' is just like his other songs it is about creating and writing about life and people, all the Master Jack's and Mister Nico's in life.

"Master Jack is anyone you want him to be," David said.

He softly laughed when he said "Yes, this song is played at funerals for people called Jack, it is played at hippie parties, it is even played at some churches in Nashville as an anti-drug song. Everyone has their own interpretation and that makes this song so popular."

David explained the mystery surrounding 'Master Jack'.

"The lyrics expressed the thoughts of

a young Afrikaner called Nico who questioned the policies of society. He was a friend of mine. He was brought up in a very strict home and was not allowed to speak English. The day Hendrik Verwoerd was assassinated Nico was very happy. In fact he was so happy he got in a fight with some miners. It was on that same day that I added the final notes to that song."

While on holiday in Durban, David met die Four Jacks and a Jill and the rest is a rich history that still makes interesting reading today.

David painted a period of time the younger generation can't even imagine existed.

"It was a bizarre time. A time where we had signs on the beaches that read 'Whites only'. It was an awkward time, yet compelling in the sense that something was happening around us. It was a time of Woodstock, mixing desks, the Rivonia trial, the hippies with their open mindsets on sex, drugs and rock and roll."

It was an exhilarating time on the music scene with Bob Dylan, The Beatles, Jimi Hendrix and The Beach Boys.

On the backdrop of this, the young David grew up in the mining village Wolvekrans Colliery just outside the City of Coal. Wolvekrans Village closed down a few years ago. Only the memories of carefree days on this mine village linger.

"My parents moved to this peaceful village in 1958 where my stepdad was the mine-engineer. I attended Pretoria

Technical College for one year as a boarder in 1958 and then Witbank Technical College hostel in 1959 as a boarder," David said. He was 15 years old back then.

Nostalgia flooded David as he remembers playing first team rugby and cricket and guitar in the boys band for two years.

"From 1961 to 1964 founder and leader Peter Sprint Farnham attended our opposition high school, Hoërskool Generaal Hertzog. In 1961 he was considered the second fastest u.16 100-yard sprinter in the world. The dashing good-looking Peter was indeed a local hero in Witbank and possibly the reason why our sessions were always so packed with faithful pretty girl fans and so many athletic looking boys. Peter's dad was the town's judge," David shared his memories.

"The band had another good looking oke - a Cliff Richard look alike, tall dark and handsome vocalist, Cecil Paterson. He left the band after a year to become rich and famous. We never heard from him again.

"Jannie 'Hank Bee' Maree was our lead guitarist. Bespectacled, brilliant, belligerent, spoilt and rotund, Jannie was an Afrikaner pioneer in rock and roll. An enigma indeed! Always first in class, Jannie was the sort of guy that hung around with the skinny smoking gang as a decoy, to detract the attention of the weighty four-eyed chaper-

one from the girl you aimed to kiss at the church hall sessions during the orange juice, tea and biscuit breaks."

David said Jannie could play Hank B Marvin solos better than Hank B Marvin.

"Or so we all thought, but come the day and the solo and Jannie would just have to fluff the odd note and pound a missed chord. But he was a genius.

Jannie hand-carved a duplicate Hank B. Marvin Fender Stratocaster in the school workshop for himself and fashioned me a white four-string Fender Bass from magazine pictures of Jet Harris's Bass."

Another stroll down memory lane and David spoke about Johnny Kambouris who was the Witbank village drummer with merchant connections and he too came from Hoërskool Generaal Hertzog.

"Johnny was suave and cool and one of those drummers who could whack out a back beat without one strand or streak of his shiny black Greek hair moving out of place."

Later Nick Killian replaced Jannie and the band later disbanded in 1964.

David moved to bigger things and wrote many more songs. Today he is involved in archiving music of the last 50 years.

"It is important to safeguard these gems, this is history, and this is where music began..."

It is indeed a strange, strange world we live in. We all have our own Master Jack's who taught us all we know and we never look back.



David Marks and his granddaughter.

Young Middie is a rising star!

At the time of writing, Jade Edith already had 1 423 likes on her Facebook page, while her song, Who You Are, boasted more than 2 200 likes on YouTube.

Not bad for a 15 year-old whose first single was only released a month or so ago.

She has just been signed to Stained Oak Studios and the sky is the limit for the grade nine pupil at Hoërskool Middelburg. And unlike most commercial artists, who rely heavily on a "sokkie" beat

and even more words that rhyme with "sokkie" to sell their CD's, Jade's songs are inspiring and contains a message that many teenagers can relate to.

Oh yes, she also writes her own music. "My best friend and I was bullied in our primary school years and the music helped me to deal with it."

Taylor Swift is her hero, and like the *Shake it Off*-singer, Jade writes better when she has an emotional connection to the song.

"When I get angry (for instance when people are treated unfairly) the words just flow from my pen. I like the use of guitars in Shawn Mendes' songs as well - I want to become a good guitarist as well and that will definitely add an extra dimension to my music."

Jade is in the athletics team and plays hockey for MHS, but it is on the stage or in a recording studio where her smile is the brightest.

"My mom always says that I used to dance in front of the television as a toddler - especially when Hannah

Montana was performing!"

She also took ballet and hip-hop classes, while it was her guitar lessons that propelled her into the spotlight - her teacher was so impressed with her music, that she was asked to record a song or two. And the rest, as they say, is history!

Since then she has performed in front of a thousand people during her EP launch at the Christian Family Church in eMalahleni, while her classmates and fellow pupils at MHS have been entertained at the school.

"I love to sing with my friends - we have a bus choir every day on our way home from school, where everyone just sings along. At home I also have a small recording system where I can just sit and mess around."

But music is not her only passion and she wants to study marine biology after school.

"It is my dream to perform in front of a sold-out crowd at Madison Square Garden in New York. People should enjoy my music while at the same time listen to the positive message."

• You can view her music video by following the link: https://www.youtube.com/watch?v=GdsTvSXZ_ts

• Message on her EP cover:
Be Courageous
Fight back in your Own way
Cos you're a Shining Star
That's who you Are!

Don't let anyone dull your SpArKle!
Stay Beautiful
Stay Strong
Love Jade Edith x



Jade Edith



Rene thinks all women are *phenomenal*

She's called the Lash Diva, but Rene Ferreira is more than just that, with her radiating personality and wonderful looks one would say she could conquer the world.

“In life, I have realised... it's up to you to make it work. I meet everyday women with an exceptional life story; there is a whole lot that has inspired me so much. To me everyone that comes into my life is like a

celebrity. My network of clients and the company I am contracted to are phenomenal women,” said Rene.

Rene was born in eMalahleni in 1974, in her younger years she grew up in Middelburg just 30 kilometres from her birth

place. Then at the age of 13 she moved back to her home town where she matriculated at Hoërskool Patriot in 1992.

Once she matriculated she started working in the furniture trade, which she left in 2004 and became a housewife for the following two years.

From there Rene decided to do a course in beauty, where she found her passion for lash extensions.

Being a wife, mother and business woman rubbing shoulders with a couple of stars in South Africa she has managed to keep the balance between everything.

“I just knew that in the beauty industry you need to have an exceptional skill and passion for something, mine was lashes. I'm in my own world doing what I love. Making the most looked at asset which you look into everyday a desired feature.”

Rene has done lashes for Dhiveja Sundrum from Top Billing and Phuti Khomo from Muvangho and she was also first Miss Teen South Africa.

“I loved designing lashes for Phuti, she is a go getter, humble and a soul friend,” continued Rene.

According to Rene the new trend with regards to eye lashes is, Russian Volume an advanced technique to flair lashes by hand using 0.07 mm thin lashes. This is not prefaced but a technique to do 3D up to 7D.

For Rene it's the most rewarding feeling to put confidence back on a woman's face.

“To see her look at herself and see her own beauty after lash extensions. My motto in life is confidence applied directly.”

Just like everything in life, it's hard work in the beginning, but at the end it is so worth it.

“Always remember, be so good that you don't have to be introducing yourself, word will take your name out there.”



Text Samantha Trill and photo Zita Goldswain

Be ready for *Summer!*

Summer is here and the season is synonymous with ice-cream, sunscreen lotion and a bikini body for your beach holiday.



Members of Absolute Bootcamp during one of their training sessions.

Here are a couple of tips from fitness experts that can result in admiring glances at Margate, Clifton or even Badplaas!

Lerentia Strydom

(owner of Absolute Bootcamp in Middelburg and trail running guru):
Her 10 tips for a summer body:

1. Exercise...! Exercise! Exercise! (Bootcamp :-))
2. Eat real food - no sugar or processed food. Try Root, a healthy, nutritious and delicious way to lead a healthy lifestyle and to help you lose weight, without having to give up on eating good food! Root food is made with fresh produce daily, yes that means no refined sugars, no wheat products, no preservatives and only healthy carbs. Check out the Root Facebook Page @ www.facebook.com/roothealthfood.
3. Cut out soda drinks and alcohol.
4. Drink water (six to eight glasses daily).
5. Get a tan.
6. Wear sunblock everyday.

7. Get rid of unwanted hair.
8. Book a facial.
9. Book a pedicure and manicure.
10. Buy a new costume!

Lerentia's training programme:

* Monday:

- 100 x jumping jacks
- 50 x crunches
- 20 x dips
- 15 x squats
- 20 x lunges (each leg)
- 30 x Russian twist (each side)
- 20 x standing calf raises
- 30 seconds elbow plank
- Run or walk 10 minutes

* Tuesday:

- 80 x jumping jacks
- 50 x crunches legs up
- 20 x sit up
- 15 x dips
- 20 x squats
- 10 x side lunges (each leg)
- 15 x mountain climbers (each leg)
- 50 x bicycle
- 15 x wall push ups
- 40 x Russian twist (each side)

Run or walk 12 minutes

* Wednesday:

- 90 x jumping jacks
- 20 x dips
- 10 x sit ups
- 30 sec elbow plank
- 30 x squats
- 15 x push ups
- 40 x crunches
- 20 x side crunches (each side)
- 20 x standing calf raises
- Run or walk 14 minutes

* Thursday:

- 100 x jumping jacks
- 25 x crunches legs up
- 30 x crunches
- 20 x squats
- 20 x wall push ups
- 50 x Russian twist (each side)
- 15 sec side plank (each side)
- 10 x jump lunges
- 5 x squat jumps
- 40 x high knees (each leg)
- Run or walk 16 minutes

* Friday:

- 100 x jumping jacks
- 40 x crunches
- 10 x sit ups
- 10 x dips
- 20 x side lunges (each leg)
- 15 x push ups
- 10 x side crunches (each side)
- 30 x butt kicks (each leg)
- 5 x squat jumps
- 15 x jack knives
- Run or walk 18 minutes

* Saturday:

- 100 x jumping jacks
- 20 x squats
- 100 x Russian twist (each side)
- 20 x push ups
- One minute elbow plank
- 15 x jack knives
- 20 x lunges (each leg)
- 10 x side lunges (each leg)



20 x mountain climbers (each leg)
20 x step up (each leg)
Run or walk 20 minutes
* For two weeks keep the running and walking the same. After that you can run or walk 20 minutes everyday.

Karien van der Wal

(owner of M.X.T. in Middelburg and multiple gold medal winner at bikini fitness competitions):
Here are her 10 tips:

1. A fake tan brings out some muscle definition, so you instantly look more toned. However, lying in the sun for hours can cause ageing. I like to add some self-tan lotion to my daily body moisturiser.
2. Eat juicy fruits like watermelons - they are healthy and perfect for hot weather. Limit the use of artificial sweeteners, even in sodas.
3. Make sure you get rid of unwanted hair. Waxing can be done at any beauty salon. Just make sure you get a reference before you just visit anyone.
4. Track your nutrition progress on a mobile application, like My Fitness Pal. You will be more aware of how many calories you consume and this will help you to get in shape quicker.
5. Get a good scrubbing! Forget about expensive body scrubs, I have a homemade exfoliate recipe that works wonders. (one cup of sugar or maize mixed with a cup of melted coconut oil. Scrub your entire body while you are showering. It promises to keep your skin smooth and soft.)
6. Get rid of cellulite by using this homemade detox recipe: (Squeeze out one lemon, add a teaspoon of honey and half a teaspoon of cayenne pepper. Add all this to a warm cup of green tea.)
7. Invest in good swimwear. You might as well be comfortable and confident. Find something that stays put in even the strongest surf, but still fits like a glove!
8. Protect yourself against the sun. Get a

good sunscreen and a hat.

9. Most importantly; start exercising! You want to look good and feel even better, so start squatting and burn some fat! Hours of running will not give you the body you so desperately want; you have to add some weights and iron for definition. Full body bootcamp kicks your metabolism into overdrive. (For more info about M.X.T. call 082 824 4407.)
10. Protect your nails. A protein packed strengthener prevents nails from splitting and cracking.



Karien van der Wal from M.X.T.



Maxine Luck trains at Absolute Bootcamp.

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7 Perfect10 tips

It is very important to do the following:

1. Exfoliate on a regular basis, twice weekly! This will help with absorption of products as well as moisture levels in the skin!
2. Sunscreen is very important to use on a daily basis. It protects the Skin from UVA & UVB radiation (Sun/Ageing) Re-apply throughout the day.
3. Another tip for the Skin, is to use the right mask suitable for your skin once or twice a week. Eg: Dry skin: Moisture mask. Oily skin: Clarifying mask (Oil free)
4. Spring/Summer is back: please, do not forget about your feet as they are very important! Our Medi-heel treatments will get rid of dry & cracked heels!
5. Spend your money on good products that will give good results!
6. Drink 6 – 8 glasses of water per day!
7. Exercise regularly!

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Alles onder een dak by De la Madre

Daar is heelwat nuwe en opwindende nuus by De la Madre. Ons is baie opgewonde om aan te kondig dat die nuwe perseel in wording is. Dit gaan 'n fenomenale pakhuis wees, 'n bruid gaan soos Alice in Wonderland daar binne voel. Ons visie is om dit die eerste en laaste stop vir elke bruid te maak voor haar troue. Dit gaan beskik oor 'n stasie waar styldeskundiges, grimeerkunstenaars, haarstilerders die fynere detail en afrondingswerk kan doen op bruide en ook op die trourokke.

Dan is dit nog nie eers die verskeidenheid dekor wat jou asem gaan wegslaan nie.

Die opwinding kry nie end nie, want daar is 'n interessante projek waarmee die bestuur hulself nou besig hou. Binnekort gaan Mpumalanga bekend gestel word aan sy eerste wynwa. Soos 'n trokkie, maar net vir grootmense en met wyn. Ons beplan ook om 'n mobiele kombuis daaruit te omskep vir mense wat 'n kreatiewe benadering tot spyseniering verkies.

Dorothy Kotze motiveer ook bruide en organiseerders van funksies om met oop gedagtes en kreatiewe idees by hulle deure aan te klop. Die kliënte plant die saadjies en ons water dit. "Saam maak ons towerkuns".



~Logika sal jou kry van A tot B, verbeelding sal jou oral neem – Albert Einstein ~



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ound the World with ea Hotel® Highveld



(Front) Chef Langa Machika, Brenda Mnguni, Monica Campbell, Albertina Culu, Jero Maganedisa; (back) Anton Walz (Food and Beverage Manager), Thabo Ngcobo, TJ Storm and Nkululeko Sila.

Taking year-end functions to another level

Protea Hotel by Marriott® Highveld is taking the hassle out of year end functions and making your event an easy to book success! They have taken hands with De La Madre and together these two phenomenal teams will create and host a year-end function you can only dream off.

The idea to have themed year-end functions was welcomed with open arms. With De La Madre's fine décor and the culinary genius of Chef Langa Machika and his team from Protea Hotel® Highveld your year end function will be a breeze.

Some of the themes they are excited about include a Gatsby Party, rolling the chips with Vegas, having fun at the Circus, tropical Hawaiian as well as some local African themes such as South African Traditional or exotic Moroccan.

There are different packages available and Mr Anton Walz, Food and Beverage Manager at Protea Hotel® Highveld invite you to come and discuss your needs and exchange ideas with the team, to make your year end function one to remember. **Contact Anton on 013 656 2721 or functions@proteahighveld.co.za**



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MOROCCO
He who has nothing to die for has nothing to live for. - Moroccan proverb

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Tony does it again



The well known husband and wife team Tony & Olga Fernandes have been residents in Middelburg for the past 13 years. Their faces are well recognised from a variety of businesses, and in November last year they made a decision to take their years of experience and knowledge in the business world, and opened Pizza Del Forno in Witbank.

As the business grew from strength to strength they decided to also buy the Middelburg branch in June 2016.

“Our wide selection of delicious Mediterranean meals makes Pizza Del Forno a wholehearted family restaurant and coffee bar” Tony (Porra) said.

Pizza Del Forno have a wide variety of original, classic and gourmet pizzas that will tantalise your taste buds.

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Actual product may vary. All food pictures are for illustrative purposes only and may not necessarily represent the dish on promotion.



Hokaai naby Kranspoort by HÔ-KAAI BISTRO!

Gewonder waar jy 'n heerlike ete gaan kry op pad na Loskopdam? Stop gerus by Hô-kaai Bistro, die nuwe stylvolle a-la-carte restaurant met 'n splinternuwe spyskaart oorkant die ingang na Kranspoortdorp.

Albert Meiring, die bestuurder, kom van Stilbaai af, en sy spesialiteit is die een kilogram lendeskyf "Rump Steak" en een kg T-Been. "Kom probeer gerus ons murgsagte vleis wat jy self kan kies uit die Hô-Kaai vleiskas."

Hierdie seekoskoning het ook sy eie resepte saamgebring van die Weskus af. Hy gesels entoesiasies oor die planne wat voor die einde van die jaar 'n putt-puttbaan, chalets, glybaan en klimraam insluit. Daar is reeds 'n speelarea met 'n swembad waarin die kinders kan baljaar terwyl die ouers heerlik op die dek onder die reuse koel-tebome kan saamkuier en een van die gewilde pizzas of ander ligte etes kan geniet.

Die tuisnywerheid bied verskeie aandenkings en heerlike konfyte, tuisgebak, kralewerk, skilderye, braaiers en vele meer om van te kus en te keur.

Elke eerste Saterdag van die maand word 'n môremerk gehou waar mense hul eie artikels kan kom verkoop, of kom 'n draai. Gesels gerus met hulle as jy wil kom uitstal.

Die gesellige Bosveldatmosfeer en heerlike etes sal jou beslis laat terugkeer na hierdie besondere plekkie, wat beslis enig in sy soort is.

Hô-Kaai Bistro is oop van Dinsdae tot Saterdag van 10:00 – 22:00 en op Sondag van 10:00 tot 15:00.

Die sportkroeg spog met platskerm TV-stelle en genoeg plek waar daar behoorlik saamgekuier kan word.

Skakel 071 533 3838 of 082 656 4363 vir verdere navrae of groepsbesprekings.



WEN MET GET IT EN HÔ-KAAI BISTRO

Twee gelukkige wenners kan elk 'n eetbewys ter waarde van R500 wen!
Al wat jy moet doen, is sms **HOKAAI** na **33658**.
Sms kos R1,50 elk. Gratis sms'e geld nie.
Sperdatum: 26 Oktober 2016.





Mozart Gateaux

is musiek op jou palet

Daar is net een sin om die Mozart Gateaux poeding te beskryf, "Dis danspassies wat op jou palet uitgevoer word." Werner Nienaber van Werner's Bakery deel hierdie heerlike poeding met *Get It* lesers.

Hy stel voor dat jy die koek moet geniet saam met 'n koppie baie sterk koffie wat die smaak van die poeding sal komplimenteer. Werner is 'n guru as dit kom by troukoeke en het genoem dat hierdie poeding nie 'n tree terugstaan vir enige ander nagereg of troukoek nie.

Hier volg die resep vir 'n 30cm koek.

Bestanddele:

- 15 eierwitte
- 5 koppies wit suiker (of strooisuiker)
- 3ml kremetart
- Een pakkie gemmerkoekies

Vulsel:

- 500ml room, geklop
- 1 blikkie Cappuccino gegeurde karamel kondensmelk
- 4 pakkies Weigh-Less sjokolade mousse poeier
- 400ml yskoue water
- 1 koppie kersies, in kwarte gesny

Bolaag:

- 4 x 90g blokke sjokolade
- 150-300ml room

Metode:

Verhit oond tot 150 grade celsius. Berei die bak oppervlakte vir die meringue skywe deur 25cm ronde stukke bakpapier ligtelik te sproei met kleefwerende kosproei (Spray 'n Cook). Plaas op bakplate.

Klop eierwitte en kremetart tot amper styf (sagte punt stadium). Voeg suiker geleidelik by en klop deurgaans tot al die suiker deurgemeng is en die beslag glansend en glad is.

Verkrummel koekies (nie te fyn)

Skep die meringue mengsel in 'n versiersak of -buis en druk die mengsel deur die versiersak op die bakpapier in sirkels al om die rante en in die middel. Sprinkel

gebreekte koekies bo-oor en bak ongeveer 45 minute of totdat die meringue droog en hard is.

Vir die vulsel:

Klop die yswater en mousse poeier vir 60 sekondes op 'n lae spoed en dan vir 5 minute op hoë spoed. Verkoel tot benodig.

Klop room styf en voeg karamel kondensmelk by. Meng goed.

Smelt die sjokolade in die mikrogolf in 'n gepaste oondvaste bak vir 1 minuut per keer op hoë krag totdat sjokolade deurgesmet is. Voeg room by en klits tot glad en maklik smeerbaar.

Om aanmekaar te sit:

Verwyder die bakpapier versigtig van die meringue lae.

Bou die lae van die koek op, afwisselend met meringuelaag, sjokolade mousse, kersies en cappuccino room totdat al die lae gebruik is. Bedrup met sjokolade bo-op en aan die kante. Verkoel tot bedien word en stoor in die yskas.

Variasies vir die vulsels en meringue lae:

Gebruik vars vrugte tussen die lae vir 'n heerlike somer Pavlova. Maak 'n 'Peppermint Crisp' variasie deur die peperment karamel eerder in die room te gebruik en krummel 'Peppermint Crisp' sjokolade tussen die lae. Maak 'n heerlike grenadella kaaskoek vulsel en smeer tussen die lae vir 'n lekker soetsuur kombinasie.



Foto: Zita Goldswain



Vind lafenis by Zeekoegat

Dit is byna tyd vir jaarafsluitingsfunksies en in plaas daarvan om te wonder waarheen jy jou span kan neem, hoef jy nie verder as Zeekoegat Safaris & Adventure te dink nie. Geleë 40 kilometer buite Middelburg op die Loskopdampad, bied dit iets vir almal se smaak.

Die pa-en-seunspan van Leon en Rainier Smit laat elke gas tuis voel, terwyl jy op pretaktiwiteite soos ritte met vierwielmotorfietse - waar jy onder andere koedoes, impalas, zebras, blouwildebeeste, klipspringers en selfs 'n luiperd of twee kan sien - en visvangepedises by die nabygeleë Loskopdam geneem kan word.

Die trip op die vierwielmotorfietse na Helshoogte (so genoem omdat dit taamlik hoog is) word beslis aanbeveel en die sosiale media-slimkoppe kan hul profiefoto's maklik hier opdateer. Daar word ook beperkte geleenthede aangebied vir die jagseisoen.

Verder spog Zeekoegat met 'n toegeruste lapa, braai-area en swembad, terwyl hulle akkommodasie bied vir 10

gaste in hul selfsorgeenhede en -tente. Die lapa het 'n kroeg, mikrogolfoond, oond, yskas, vrieskas en 'n televisie met Dstv (as jy moeg is vir al die avonture en eerder op 'n Saterdag die rugby wil kyk).

Zeekoegat Safaris & Adventure het dus alles én meer waarvoor jy kan vra. En dis net 'n klipgooi van jou voorstoep.

- Vir meer inligting, bel 076 392 6624, stuur 'n e-pos na rainiersmit@vodamail.co.za of besoek www.zeekoegatsafaris.co.za.
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Die pa-en-seunspan van Leon en Rainier Smit.

Teks: Johann Gresse

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The perfect chicken curry

The perfect chicken curry is nothing short of a masterpiece. According to a well known cook in Middelburg, Ms Fatima Hajat, confidence and cooking with love will turn any recipe into a mouth-watering and inspiring dish bursting with flavour.

Ms Fatima has been cooking professionally for just under a decade now. What started as a part time business for extra income evolved into a popular service that heeds calls for almost any occasion. Whether it's a seven course meal or a function catering for up to 1 000 people, her dishes are elegantly prepared as all elements of aroma, colour and taste lingers on well after the meal is completed.

"My recipes are very simple and easy to follow. The most important aspect is the freshness and quality of spices. Once you get that right, it's easy to determine what taste you prefer and the recipe can be adjusted accordingly," she says.

When it comes to chicken curry, a deep reddish colour is usually associated with a ideal mix of jam tomatoes and red chillies - and does not necessarily mean that it's strong with a burning sensation. Although more chillies might just do the trick - if that's what you prefer.

"If it's your first time attempting to make a chicken, mutton or beef curry, it's best to stick to a simple recipe. Even if something goes wrong, you can always cover it up. Sometimes this is how you can discover a recipe that suits what taste you're after".

Ms Fatima says that her best recipes include quality spices that are hard to find unless you stay in Durban. But suitable substitutes are easily available at any local spice shop.

"It really depends on what you're after. For me personally a good variety of fresh spices produce the best results every time. It's a learning process and the more often you make a curry it's normal to adjust the recipe and make it your own. That's why no two curries taste the same". Ms Fatima advises first time cooks as well

as the more seasoned chefs to follow the popular 'Indian Delights Cookbook' which provides step-by-step guidelines on numerous traditional Indian recipes and methods.

Ms Fatima also offers demonstrations on how to put together various dishes but only to charitable organisations. Her services include a number of scrumptious dishes catering all types of foods cooked on an open flame or on a gas-cooker. Ms Fatima can be contacted at 013 282 9884 or 074 445 8178.



A deep red chicken curry is associated with the perfect mix of jam tomatoes and red chillies

Chicken curry recipe:

Ingredients

- Chicken - 1 kg disjointed
- Onions - 2, finely chopped
- Ginger garlic paste - 1 tbsp
- Red chili powder - 3/4 tbsp
- Turmeric powder - 1/2 tsp
- Coriander powder - 1/2 tbsp
- Roasted cumin powder - 1/4 tsp
- Tomato puree - 1/4 cup
- Garam Masala powder - 1/4 tsp
- Fresh curry leaves - 1 sprig
- Salt to taste
- Oil - 2 tbsps

Method

Heat oil in a heavy bottomed vessel, add the chopped onions and fry for 4 minutes. Add ginger garlic paste and fry for 2 minutes. Add the washed and drained chicken and cook on high heat for 4 minutes. Reduce flame and cook the chicken for 5 minutes. Add red chili powder, turmeric powder, coriander powder and cumin powder and mix. Place lid and cook on low to medium flame for 8 minutes. Add tomato puree and mix. Cook for 3 minutes. Add 2 cups water and salt and place lid. Cook on medium flame for 20 minutes. Add garam masala powder and curry leaves. Mix and cook without lid till you achieve the desired curry consistency. Turn off heat and remove to a serving bowl. Serve warm with rice or rotis.



A curry is best served with a crispy carrot atchar



Sy sing, sy dans, sy gryp elke kans!

Franzette van Niekerk se passie brand hoog vir die uitvoerende kunste, en die wêreld lê aan haar talentvolle voete

Middelburg boorling, Franzette van Niekerk, maak al meer naam op die kassie, en in ons TV kamers.

As dogter van die befaamde kamera-paartjie, Albert en Jeanette Smit, wat die eerste een uur foto laboratorium in Middelburg begin het, is die kreatiewe sappe reeds van kindsbeen af deur haar ouers in haar geroer.

Tans spandeer Franzette die meeste van haar tyd op die Binnelanders stel, waar sy die rol van Elna, die plastiese chirurg dr. Steve Abrahams se sekretaresse, vertolk.

Sy sê die stel is uiters professioneel en daar word in die fynste detail na alles omgesien, selfs die pasiënte leërs word op elke pasiënt in die siepie se rol opgemaak, kompleet met diagnoses, medisyne riglyne en ontslagvorms.

"Die dagboek wat ek namens dr. Steve bestuur, het egte inskrywings wat gereeld deur iemand op die stel aangevul word, wie weet ek nie," lag Franzette.

Die vervaardigers is egter baie streng oor die stel en akteurs, sodat geheime oor toekomstige programme en die draaiboek nie uitlek nie. "Almal is professioneel en dit is voorwaar 'n voorreg om deel te wees van die Binnelanders familie," sê Franzette.

Van kleintyd af het sy vir haar ouers drama stukkie en stories geskryf en opgevoer. Sy het geleef vir drama, dans en sang en het verskeie toekennings op skool met haar talente vir die uitvoerende kunste verwerf.

Franzette was vasberade om verder in die kunste te studeer en het haar B-Tech Graad by die destydse Technikon Pretoria in Drama verwerf, met Sang en Dans as hoofvakke.

Die donkerroog brunet was al te sien by verskeie kunstefeeste soos KKNK, Grahamstad asook Innibos.

In die bedryf het Franzette al skouers geskuur met Liane Heyl (Vetkoekpaleis), Robbie Wessels, Ingrid Paulus (7de Laan) en Heinrich Marnitz (RSG).

Sy het ook al 'n voorvertoning vir Steve Hoffmeyr en Robbie Wessels ge-

doen. Franzette is ook 'n geakkrediteerde beoordelaar vir skoonheidswedstryde, en word gereeld gesien by groot nasionale kompetisies, waar sy agter die tafel inskuif om drama, sang en dans insetsels in die talentkategorieë te beoordeel.

Verder het Franzette ook opleiding in dwelmmisbruik, kindermishandeling, satanisme, aborsies en HIV/Vigs berading by Destiny Crisis Centre ontvang, en haar daarna ook bekwaam as lewensafgriter en motiveringspreker.

Tussendeur is sy sporadies deur die radio gogga gebyt, met verskeie programme as aanbieder by verskeie radiostasies. Sy lees ook advertensies en was onlangs nog op RSG, Rippel en Tuks FM Radio op die lug.

In 2002 maak sy haar verskyning op Egoli as 'n sekretaresse. Daarna bestyg sy die verhoog Joburg Blues en Kabaret Teater met Christa Steyn.

Naas haar rol in Binnelanders, verskyn sy ook in die musiekvideo van Jacqueline Luies se Vinkel en Koljander.

Franzette het deur die jare in Pretoria

die belangrikheid besef om die uitvoerende kunste onder die jeug aan te wakker en sy beskou haar werk met kinders as haar eintlike roeping.

Nadat sy terug verhuis het na haar tuisdorp Middelburg, het Franzette die Nasionale Eisteddfod se Mpumalanga been hier gevestig. Om woord by daad te voeg en die liefde vir uitvoerende kunste onder die jeug te laat opvlam, begin Franzette die uiters suksesvolle Frontstage Ateljee met ses studente aan die begin. Vandag is Frontstage een van die sterkste uitvoerende kunsskole in Mpumalanga, nie net in drama afrigting nie, maar ook sang, verskeie dansvorms, en nou ook Trompoppies.

Eersdaags sal Franzette gasvrou speel by Middelburg se eerste kunstefeeste, FrontShowSA wat by Event City sal plaasvind. Kaartjies vir dié skouspel is reeds verkrygbaar teen 'n skamele R50. Die Middelburg FrontShowSA kunstefeeste vind op 26 November vanjaar plaas. Ondersteun die uitvoerende kunste, kry jou kaartjie nou!



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& Middelburg Riverview Garden Centre

Spring has arrived and with it, the perfect time to start preparing for your summer garden. Owners Willem and Poppie Moll, together with husband and wife team Hugo and Yolandé Francis, who manage the Middelburg Garden Centre and the Riverview Garden Centre in eMalahleni, have ample advice on popular garden trends and what you can do to preserve moisture and adhere to water restrictions whilst you prepare for the approaching rainy season.

A visit to one of these picturesque oases will not only help you stock up on plants and accessories, a licenced coffee shop, kiddies play area and lush surroundings, will have you believe that you have been on a mini break-away.

The Middelburg and Riverview Garden Centres are growers of plants and trees themselves, focusing on indigenous plants that are well adapted and acclimatised to the highveld climate.

Because they grow their own plants,

and also supply other nurseries, you can be assured that you will be paying reasonable prices. Plants are grown in hothouses, which means that they grow faster and are available much sooner than plants grown outside.

The capable Garden Centre staff is able to give expert advice on even the most difficult and technical questions. Owners Mr and Mrs Moll have 30 years experience in the nursery industry. Amongst the employees are several diploma holders as well as someone with

a masters degree in botany.

The Garden Centre boasts with a wide variety of flowers such as osteospernums, verbenas, carnations, Magrietjies and geraniums in a wide spectrum of colours.

Indigenous plants are the perfect plants for dryer conditions because they are strong growers.

Rock gardens and succulents are also becoming very popular because they are low maintenance plants that does not need much water. Both Garden Centres

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stock a wide variety of aloes ranging from marlotti's to aloe barberea as well as succulents.

Fruit trees such as peach, apricot, cherry and apple are readily available.

Organic fertilizers will give your garden a welcome boost. Compost can help with retaining moisture and should be used in garden beds with lawn dressing and blade runner (an organic fertilizer)

being used on grass.

Unfortunately fertilizers require a lot of water so Hugo advises to wait until the rain arrives before using it. You can however use a good lawn dressing on your grass so long.

The Garden Centre also provides landscaping services, with Yolandé holding a diploma in landscaping. Plants are not the only thing you can buy at the

Middelburg or Riverview Garden Centre. Both Garden Centres stock a massive variety of pots, ornaments, water fountains, stepping stones, stones and gardening equipment.

The Middelburg Garden Centre is situated on the Rondebosch dirt road, out on the Stoffberg Road whilst the Riverview Garden Centre is situated near the Hockey Farm on the Old Witbank Road.



The coffee shop overlooks the nursery and a water fountain.



Marion Shields.



Joey Bierman.



'Bonsai kweek is soos kinders grootmaak'

Gustav Lübcker is bekend as die Bonsai-man. Nie oor sy lengte nie, maar Gustav wat net so oor die vyf voet ses in sy sokkies staan, is 'n spesialis as dit kom by Bonsai.

Sommer met die intrapslag korrieger Gustav en sê, "Ons praat altyd van Bonsai in die enkelvoud". Hier kan jy reeds sien, dié man is 'n onderwyser van beroep. Hy gee loodgieterswerk by WH de Klerkskool.

Gustav se liefde vir Bonsai is 37 jaar terug gekweek toe hy 'n uitstalling van Pretoria Bonsai Kai gesien en dadelik aangesluit het.

Onder leiding van die Bonsai meester Charles Ceronio het hy sy eerste Bonsai gedoen. Vandag het hy meer as 150 Bonsai.

In November 1987 het Gustav die Moyogi Bonsai Kai (klub) in eMalahleni gestig en dié gaan nog volstoom aan. Moyogi beteken 'informeel' in Japanes.

"Party mense vat Bonsai baie ernstig op. Bonsai is 'n kunsvorm en dit hang van jou af hoe gespesialiseerd jy wil raak," het Gustav tussen die snoeiery gesê.

Enige mens kan Bonsai doen, die meeste mense doen dit vir ontspanning en die mooi daarvan. Soos met enige ander kunsvorme is daar sekere riglyne en reëls wat noukeurig gevolg moet word om ten einde 'n boom 'n Bonsai te noem, anders is dit net 'n boom in 'n pot.

Gustav stel voor dat jy by 'n Bonsai klub aansluit en leer by mense wat jou belangstelling deel, "Meeste mense probeer dit uit boeke leer of deesdae is mnr. Google mos die meester. Iemand wat homself leer het 'n slegte leermeester."

Hier in die Hoëveld is die witstinkhout (*Celtis africana* of *sinensis*) baie geskik en kan die koue goed hanteer. Gustav het ook sukses met verskillende soorte doringbome (*Acacias*).

"Ai, die Jakarandas en Soetdorings wil net nie floreer as Bonsai nie, ek het net geen sukses met hulle nie."

Daar is twee Bonsai wat baie naby aan

sy hart is. Hy het met die geboorte van sy twee seuns vir elkeen 'n Huilboerboom (*Schotia brachypetala*) geplant. Vandag is pa se naamgenoot, Gustav se boom 29 jaar oud en Nico s'n 27 jaar.

Dis hoe hy die kweek van hierdie klein boompies beskryf, "Bonsai kweek is baie soos kinders grootmaak. Dit vat tyd en geduld. Jy moet leer wanneer om te snoei, in te perk en wanneer om te laat gaan. Jy moet egter altyd sorg dat hulle genoeg kos en water het."

Gustav is al letterlik deel van die meubels in die Steenkoolstad. Hy bly al

50 jaar hier.

Volgens hom is die lekker van hierdie stokperdjie dat die hele familie betrokke kan raak, "My vrou het 'n fyn oog en ek vra graag haar opinie as ek bietjie twyfel oor 'n boom. Sy versorg hulle ook as ek té besig raak of weggaan. Nico toon ook groot belangstelling en het 'n natuurlike aanvoeling vir die kunsvorm. Hy gaan eendag met 'n hele klomp ou bome sit."

Die Bonsai-man nooi alle belangstellers uit om op Facebook te gaan loer na hul blad Moyogi Bonsai Kai of hom te skakel op 076 443 8239.

Teks en foto: Zita Goldswain.



Gustav Lübcker besig om 'n 17-jaar oue Swart Apiesoring te snoei.

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