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10

PAGES OF TOTS
TO TEENS INFO

Veronique

Grimering is ons voorreg

SHOPPING, PEOPLE AND LIFESTYLE IN YOUR NEIGHBOURHOOD

MARCH 2017

Witkerk Middelburg

150

jaar feesviering
van die N.G. Gemeente



Foto: Barries Barnard

7 Maart – 4,9km en 10km Pretloop vanaf Witkerk om 18:00

11 Maart – 150 jaar Fees Basaar – “Van Toeka tot Nou” vanaf 08:00

12 Maart – Dankdiens om 09:30 – Almal welkom.

Gratis besigtiging van die Witkerk vanaf 27 Februarie tot 10 Maart 2017.

Vir navrae - skakel Hester – 013 282 7153 / Maryna – 073 148 9932

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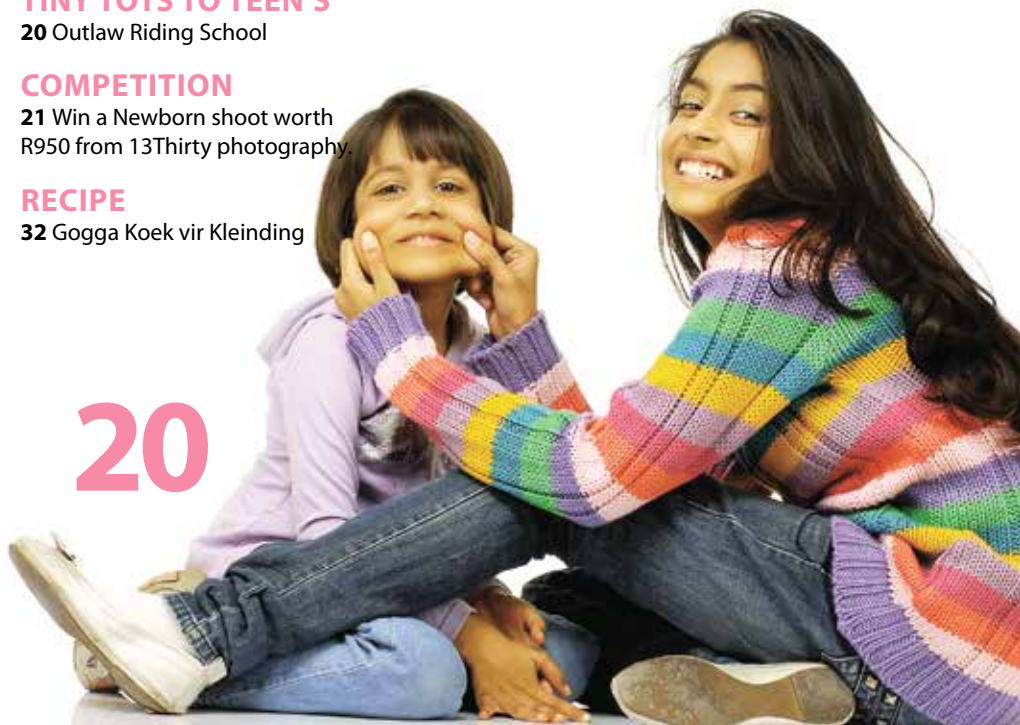
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Out & About

Celebrate life...



4 – Just what the doctor prescribed **Riaad Moosa** invites the audience along to his brand new one-man show, 'Life begins', to join in figuring out whether life really does begin at 40. The show takes place on Saturday, March 4 at The Ridge Casino. 'Life begins' is a snapshot into the life of Riaad, being a father of three kids, a husband, comedian, actor and with all the current cultural and political issues thrown in. The show is rated PG for language. Tickets cost R150 at **Computicket** and at **The Ridge box office**. The show starts at 19:00.

1 **Bokke gesels oor rugby.** Dis weer tyd vir lekker kuier. Die Bok en Biltong aand vind om 18:00 by The Venue at The Ridge plaas. Gassprekers vanjaar sluit die bekende Leeus-afrigter Johan Ackerman, Hannes Strydom, Danie Coetzee en Rohan Janse van Rensburg in. Die aand word deur Manne van die Woord aangebied en alle fondse gaan aan behoeftiges in die stad. 'n Tafel kos net R1 500 en 10 gaste kan aan 'n tafel sit. **Skakel Piet Kromhout vir meer inligting en besprekings: 082 756 5865.**

3 **NG Kerk, Suid (Middelburg) markdag** (16:00-21:00). Sanet Maré 013 243 3765 of lidmate@midsuid.co.za

3 **Laerskool Taalfees Somerfees** Laerskool Taalfees skud hul vere reg vir die Somerfees. Die fees vind om 18:00 plaas. Die gaskunstenaar vir die aand is *Joshua na die reën*. Toegang beloop R150 per volwassene, R100 vir hoërskoolleerders, R80 vir laerskoolleerders en R50 vir Laerskool Taalfees leerlinge. Daar is nog enkele stalletjies beskikbaar by die Somerfees. **Kontak gerus me. Marlize Jansen van Vuuren by 083 226 3451.**

4 **The Gorge Trail Running Series** and 16 km and 12 km Mountainbike rides for families. MTB scenic, technical and enough single tracks. **For more information, call Ryk at 083 528 9586 or www.buffalogorge.co.za.**

4 **Mannaprojek** hou straatkollekte by verskillende besighede in Middelburg. **Magda Wood 083 348 7761.**

4 **CROSSing Boundaries MTB Race.** 70 km, 45 km, 15 km and 1 km (1 km fun ride for anything on wheels, from bicycles to prams). SKS Goedehoop Homestead, Loskop road. Prizes for King and Queen of the Mountain.

4-5 **CANSA Relay For Life .** 18:00-06:00. Event City. Guest artist. Amor Vittone. **Andries at 072 248 9424 or Franz at 072 700 5555**

7 **Witkerk 150 jaar Fees Pretloop** 4,9km en 10km Pretloop vir die hele gesin. Begin 18:00 vanaf die Witkerk Middelburg. Almal welkom om te kom saamstap vanaf slegs R25 per persoon. Navrae by Hester 013 282 7153 of Maryna 073 148 9932

10 **Einstein Akademie** hou 'n **gholfdag** by Middelburg Buiteklub. **013 243 3049 of admin@einsteinakademie.co.za**

10 **Woonwa entoesiaste** kan saam kamp die naweek by Elangeni Woonwapark - Waterval-Onder. Die Suid-Hoëveld Streek van KSA bied hulle jaarlikse "ommeswaai" saamtrek tussen 3 streke aan. Besoekers is welkom. **Skakel Paul Stangroom 083 564 2933 of Ben Bierman by 082 681 8210.**

11 **Stephan Kruger** tree op by Eagle Inn. 'Toeka tot Nou'-vertoning. 18:00. R20 per persoon, pensionarisse gratis. R30 ekstra vir hoenderpotjie met rys. **Regina 082 403 0144.**

11 **150 jaar Feesbasaar by die Witkerk** – Van Toeka tot Nou. Kom neem deel aan topklas vermaak, geniet lekker boerekos te kus en te keur, stalletjies met iets uniek vir elkeen. Moenie die gewilde Witkerk Boerewors misloop nie!

Die Witkerk Middelburg sal daaglik oop wees vir gratis besigtiging vanaf 27 Februarie tot 10 Maart 2017. Navrae: Hester (013) 282 7153 / Maryna 073 148 9932



12 **Witkerk Dankdiens** om 09:30. Alle oud-lidmate, Middelburgers en alle vriende word uitgenooi om dit by te woon.

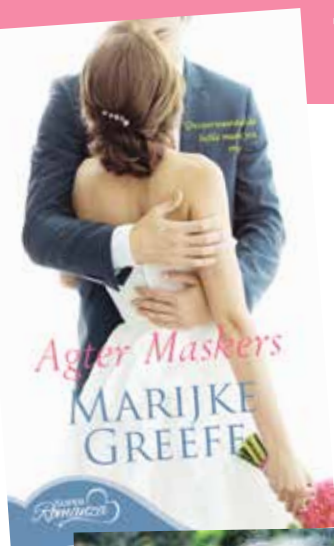
12 **Relay for Life.** Saturday, March 11 to start at 18:00 and will end on Sunday March 12 at 6:00 at Highveld Mall's undercover parking area. Registrations for 2017 teams will close on Monday March 6. Teams can register at R1000 a team (10 – 15 people per team).

Contact Andries du Preez: 072 248 9424 or email adupreez@cansa.org.za or Cindy van Niekerk: 079 683 5093.

24 **Hospice Middelburg bak pannekoek** by hul kantore in Kogelstraat. R4 per pannekoek. **Bestellings by 013 243 5713.**

25 **Friend(z) throttle it up.** Friendz Motorcycle Club is gearing up for their annual day jol. This day jol is taking place on March 25 at Reyno Ridge Club. Entry is R80 per person and it includes a cloth or metal badge. Live entertainment is on the menu this year with local band Leven taking the stage. As usual bikers are in for a treat with a variety of games and a jolly good time with old and new friends. **For more information contact Charles Parsons 082 788 8031.**

Review

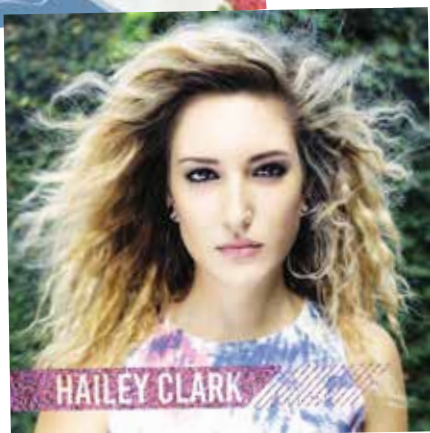


LEES: AGTER MASKERS

Ná 'n versmorende huwelik van twintig jaar sal Mia kaalvuis baklei vir die voorreg om selfstandig te wees en nie in enige iemand anders se oë te kyk vir haar daaglikse brood nie. Dit is egter makliker gesê as gedaan, want op agt en dertig is sy skielik op haarself aangewese en het sy geen opleiding, geen ervaring en boonop geen selfvertroue nie.

Op hierdie kritieke tydstip in haar lewe maak die eienaar van die eksklusiewe restaurant Tsalanang haar 'n aanbod wat sy nie kan weier nie. Giep Rossouw bied haar die geleentheid om te begin bou aan 'n loopbaan en in die proses haar eie menswaardigheid te ontdek. Hoekom bly sy, wat mans vir goed afgesweer het, egter in Giep se donker, smeulende blik vasval? En hoekom bedien hy erotiese skemerkelkies in 'n dameskroeg as hy eintlik 'n opgeleide predikant is? In 'n pynlike proses, waarin ou verhoudings verbreek en nuwes gevorm word, word Mia gestroop van die masker waaragter sy nog altyd geskuil het en moet sy diep delf om haarself te vind en haar eie identiteit te vestig.

Hierdie boek is geskryf deur Marijke Greeff en word deur Lapa Uitgewers uitgegee.



LUISTER: DEURMEKAAR

Hailey Clark se gunstelingaanhaling oor musiek is: "Musiek is nie wat ek doen nie, dis wie ek is", en dit is beslis 'n raak beskrywing van hierdie vriendelike blondiekop popsanger wat onlangs haar eerste amptelike album, Hailey Clark – Deurmekaar vrygestel het. Haar debuutalbum kan hoofsaaklik beskryf word as Afrikaanse pop, met 'n elektroniese aanslag en verskil nogal baie van die rustige musiek wat sy in die verlede gesing het. "Die hoofdoel van die album is dat luisteraars moet pret hê wanneer hulle daarna luister. Daar is wel 'n paar dieper liedjies, maar niks te ernstig nie," verklap Hailey entoesiasies. Die CD bestaan uit twaalf snitte, wat spesiaal omskep is om haar strelende stem, op sy beste te laat vertoon.

'n Leser staan die kans om die CD te wen. E-pos net jou naam en kontaknommer na zita@witbanknews.co.za en skryf die woord 'deurmekaar' in die onderwerplyn. Die kompetisie sluit op 24 Maart.



WATCH: SMURFS: THE LOST VILLAGE 3

In this sequel to Columbia Pictures/Sony Pictures Animation's hybrid live action and animated family blockbuster comedy *The Smurfs*, the evil wizard Gargamel creates a couple of mischievous Smurf-like creatures called the Naughties that he hopes will let him harness the all-powerful, magical Smurf-essence. But when he discovers that only a real Smurf can give him what he wants, and only a secret spell that Smurfette knows can turn the Naughties into real Smurfs, Gargamel kidnaps Smurfette and brings her to Paris, where he has been winning the adoration of millions as the world's greatest sorcerer. It's up to Papa, Clumsy, Grouchy, and Vanity to return to our time, reunite with their human friends Patrick and Grace Winslow, and rescue her! Will Smurfette, who has always felt different from the other Smurfs, find a new connection with the Naughties, Vexy and Hackus - or will the Smurfs convince her that their love for her is True Blue?

You can take the kids for a fun trip to Movies @ The Ridge to enjoy this family movie.

Wish List

March is the month of magic...

It all smells nice

Get It discovered a product the readers are going to love.

The In-Car Essential Oil Diffuser 2.0 works as both air humidifier and aroma diffuser and is upgraded with a USB plug that allows you to still charge your phone while diffusing. The pleasant smell will help to lift your mood, relieve tension and anxiety, and boost the metabolism and much more. Simply plug the diffuser into your car's cigarette lighter with 100 ml water and a couple of drops of your favourite oil, and that's it. The top can rotate, so you can even plug in at an angle and keep your diffuser upright. Prices vary. Read more about this wonderful product on Vitality Extracts Essential Oils Facebook page.



Everyone Doodles

Get It found something amazing to share with its readers. The newest model from the maker of the world's first 3D printing pen, the 3Doodler Create. Draw vertically, draw horizontally and lift your imagination off the page because the 3Doodler Create extrudes heated plastic, which instantly hardens, allowing you to literally draw in 3D, freehand or on paper. The enhanced design, easy to manage, and improved drive system for quieter and smoother operation, and endless creation makes this a must have. The latest features also include simplified and intuitive controls, and a new ambient light bar. You will find your 3Doodler Create Pens at Incredible Connections in Highveld Mall for R1 999 each. **Details: 013 697 6700.**

Slow-dance across your palate

"I cook with wine; sometimes I even add it to the food." This quote by W.C. Fields is one many of us can relate to. **Get It** focuses on a beautiful ruby red, medium-full, award winning wine this month. The one getting the attention is Brandvlei Cellars' Ruby Cabernet/Merlot. This wine is combined with oak and berry flavours and fermented with French oak chips that contribute to the complexity of the wine without being dominant. This wine won't break your bank as BC Wines prices start at R38 per bottle up to R45 a bottle. **Get your bottle today by contacting John Going from First Millennium Wines at 072 633 2044.**



Strong and beautiful nails

There are times that the clock is ticking just too fast, and you don't have time to pop in for a pedi- or manicure. **Get It** is always on the lookout for products that will save you time and make life easier. That is why we just love Pink Armor Nail gel. Pink Armor will give you strong, beautiful nails fast. Pink Armor won't peel, chip or crack and protects against breaking, cracking, splitting and discolouring. It is the thick, protective gel coat that gives you stronger, longer, beautiful natural nails! The protein rich keratin gel penetrates deep down to repair and strengthen, while the optical brighteners make the nail tips look whiter and the nail beds look pinker, it brings out your nails' natural beauty for a flawless look. Make a turn at Verimark at Highveld Mall and get your nail gel for just R119. **Details: 013 697 2244.**



For your eyes only

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet (UV) rays. **Get It** went on a hunt for the perfect sunglasses that will not only protect your eyes but also look fabulous. We found PolarEyes sunglasses at Dis-Chem. The extraordinary Polarized polycarbonate lenses found on the PolarEyes sunglasses offer 100% UV protection up to 400 nm. They also cut out reflections and glare for outdoor activity, provide high-performance optics for visual clarity, and offer excellent scratch resistance for durability. Polarized lenses are the angler's choice for on-water activities. The Polarized polycarbonate lenses on these PolarEyes are one of the most competitive in the market. PolarEyes are priced at between R299 and R499. **Details: 013 692 9500.**

Dining in comfort

Wouldn't you just love having these dining room chairs? We browsed around in Rochester Furniture Store and saw these beautiful and elegant Sheraton dining chairs. These chairs are timeless. Sheraton-influenced furniture dates from about 1790-1820. It's named for the London furniture designer and teacher Thomas Sheraton (1751-1806), who trained as a cabinetmaker, but is known for his written guides, especially his first, *The Cabinet-Maker and Upholsterer's Drawing-Book*, published 1791-94. A neoclassic style, it falls within the Federal period in the United States. The starting price for these chairs is R2 195. Visit Rochester situated in Bethal Street to view their range of dining room chairs. **Details: 013 656 6742.**



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Rocco de Villiers.

Rocco toor met die klawers

Suid-Afrika se gunsteling pianis, Rocco de Villiers het homself die afgelope paar dekades beywer om die mooiste musiek ter wêreld te speel. Die klanke van sy klavier is Saterdag 4 Februarie tussen die sinkplaatmure van The Blue Room verewig. Rocco se optrede, wat uit uitmuntende klavierspel en tong-in-die-kies geselsies en grappies bestaan het, sal vir lank die tema van menige gesprekke wees.



Sybie en Elaine Ackerman.



Marietjie en Robbie Robbertse.



Marietjie en Bennie Ellerman.



Corné Joubert en Linda Minnaar.



Minette Barnard, Annette Prinsloo, Thinus Barnard en Bertie Marx.



Marie en Andries Lombard.



Willie Pretorius and the new Audi Q2.



Welcom Riba.



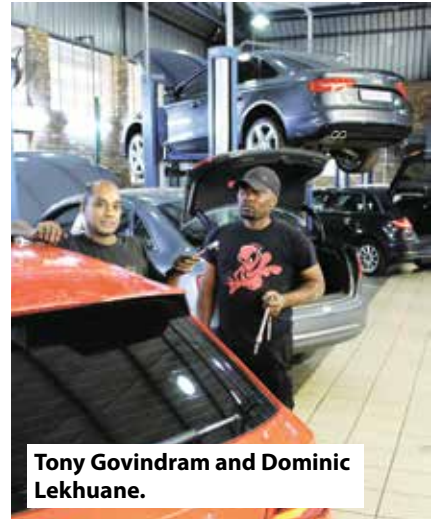
Molalo Shabangu with Welcome Riba.



Zinhle Mashele.



Bernard Mashaba and Lawrence Moruthane.



Tony Govindram and Dominic Lekhuane.

McCarthy launches new Audi Q2



Michael Buthelezi.

When McCarthy Audi Middelburg launches a car, it doesn't just entail parking a shiny car on a showroom floor, oh no. When McCarthy Audi Middelburg launches a car, it's a family event, with music, Boerewors rolls and interactive broadcasts live from Germany! The McCarthy Audi team welcomed the newest model in the Audi range, to their showroom floor on Saturday. The Audi Q2 surely drew a crowd, and with it, Audi retained its position as front runner in the luxury car market on local soil. If you missed out on Saturday's Audi Q2 hype, pop into McCarthy Audi to test drive the stunner today.



Anna Mtsweni and Vainia Suwele.



Vusi Mabena.



Jacques Joubert.



Atheesha Fortune and Mpho Letshwene.

Prestigious Roulette Masters

The Ridge Casino treated the media to a fabulous evening to kick-start the Roulette Masters tournament. This prestigious evening took place on January 26. Keeping the theme in mind, guests dressed in red, white and black and had a good time socialising with The Ridge being the perfect hosts.



Nozipho Matshiye.



Sharika Betts, Caroline Kgotso and Nonhlanhla Thabethe.



Phumzilo Mahlangu, Windy Moraba and Phindile Mokwele.



Sibahle Motha and Natalia Walicsek.



Thumi Buthelezi.

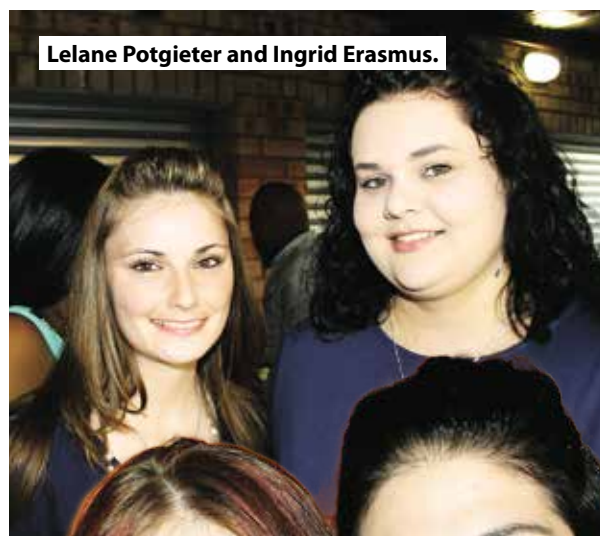


Nonhlanhla Thabethe.

Photos: Zita Goldswain.

First Business Buzz of 2017

The first Business Buzz of 2017 was organised at the Middelburg Chamber of Commerce Auditorium on Thursday, 19 January. It was here that a short presentation was given on car guarding, the concept of which is known as Street Eyes. Afterwards a hamper was given out to a lucky winner, Brendan du Bruyn Nienaber, before a networking session was held between guests who were treated to craft beer and refreshments.





Skoonheid is deel van

Grimering is ons voorreg. Party vroue oordoen dit en steek hulself onder die lae grimering weg, terwyl met die nodige fynere kunsies jy soos 'n model uit 'n modetydskrif kan stap.

Die gesig wat soveel advertensieborde by Highveld Mall versier, het by Get It kom kuier en meer kom vertel oor haar passie vir grimering en ook skoonheidswenke met ons lesers kom deel.

Veronique Vorster weet wat sy doen en daarvan kan haar getuigskrif getuig. Veronique het ure se studeer agter die rug en het diplomas verwerf in onder andere professionele grimering, bruids-, dag- en aand grimering, grimering vir fotografiese doeleindes en 'airbrush' grimering en ook grimering vir spesiale effekte, soos verhoogkuns.

Sy het die huidige Mev. Suid-Afrika, Hlengiwe Twala, en die eerste prinses, Olwethu Leshabane, onder hande gehad en hul grimering vir die groot kroningsaand gedoen.

"Ek was deur Sormé Cosmetics gekies om die twee pragtige dames te grimeer. Die ondervinding het my lewe op soveel maniere verander. Ek het ongelooflike mense ontmoet en met die mees inspirerende vroue gewerk."

Sy het met 'n glinster in haar oog gefluster dat sy die enigste grimeerkuns-tenaar van Mpumalanga was wat die kans gegun

elke vrou se *lewensreis*

was om die skoonhede nog mooier te laat lyk.

"Ek besef dat die geleentheid is reguit uit die Vader se hand is en daarvoor is ek ongelooflik dankbaar! Ek het in die tydperk wat ek met hul gewerk het soveel geleer en gegroei! Dit was vir seker 'n droom wat waar geword het," het sy nederig gesê.

Maar hoe het sy op die groot advertensieborde beland en die gesig van Highveld Mall geword?

Veronique kon skaars stilsit toe sy die vraag beantwoord, "Ek en die bekende fotograaf, Mandy Klopper het besluit om 'n projek saam aan te pak! Die projek se doel is om ons altwee se besighede te bemark. Ek was natuurlik die model en sy as fotograaf het die mooiste asem-wegslaan-foto's geneem. Die foto's weerspieël die werk wat ons doen en tot wat ons in staat is om te verrig. Die foto's wat ons vir bemarking gebruik het, is deur Highveld Mall raakgesien en so het my gesig op die groot advertensieborde verskyn."

Die stukkie prag-vrou loop oor van entoesiasme as sy oor grimering begin gesels.

"Vergeet van duur operasies. Met oulike grimeerkunsies kan jy blitsig 10 jaar jonger lyk," het sy gesê en deel van haar geheime.

Geen vrou se vel lyk elke dag

dieselfde nie. Soms sal dit lieflik sag en glad voel; net om die volgende dag weer effens droog te wees. Merkies en probleemareas op jou vel hang van baie faktore af. Van die skommelings in jou hormoonvlakke, die weer, wat jy eet en ook die produkte wat jy gebruik, het 'n invloed op jou vel se voorkoms.

'n Foutlose voorkoms is slegs moontlik as jy jou vel reg voorberei voor jy grimering aansit.

Oor onderlaag kan sy ure gesels en het dit gelukkig in 'n paragraaf saamgevat toe sy vertel is, sy het net 'n beperkte spasie in die tydskrif tot haar beskikking.

"Daaglikse grimering moet sag en natuurlik lyk. Grimering wat reg aangewend word kan jare van jou gesig af haal en jou somer baie vinnig laat jonger lyk. 'n Ligte onderlaag of 'n BB-room (Beauty Balm of Blemish Balm) is 'n moet! Dié rome bevog, dien ook as basislaag wat die vel se tekstuur verglad, dit beskerm teen sonskade, verbloem merkies en is einde ten laaste ook 'n onderlaag. Moenie verbloemer vergeet, om enige ongewenste merkies toe te maak nie. Gebruik ook gerus 'n poeier wat een skakering ligter is as jou eie kleur. Om die regte kleur onderlaag vir jou vel te kies is die belangrikste faktor voor ons begin, dis die fondasie van jou grimering. Stel vas wat is die ondertoon van jou velkleur voor jy op 'n inkopietog gaan. By

kosmetiese afdelings sal die personeel jou help om die regte onderlaag te kies."

Natuurlik het wenkbroue ook gou 'n besprekingspunt geword.

"Wenkbroue wat mooi gevorm en vol is laat jou dadelik jonger lyk. Die geheim vir mooi wenkbroue is 'n natuurlike voorkoms, vul daarom net die dele in waar jy dink te min hare groei.

"Om jou wangbene te beklemtoon kan jy jou blos strookgewys aanwend van jou wang opwaarts na jou tempels. Jy lyk somer baie jonger met 'n bietjie 'tan' en dis waar 'bronzer' 'n groot rol speel. Eksperimenteer daarmee," is Veronique se raad.

En om daardie lippies baie meer soenbaar te maak stel sy 'n neutrale of rooskleurige lipstifflie aan want dis altyd vleiend. Weereens sê sy vroue moet nie bang wees om te eksperimenteer nie en kan gerus daardie lipglans uithaal en opsit.

Veronique is passievol oor wat sy doen en dit straal somer by haar uit.

"Ek is absoluut verlief op die grimeerwêreld en hoe verskillend dit gebruik kan word vandag. 'n Mens kan letterlik enige iemand in enige iets transformeer met die regte gereedskap en vaardigheid. Grime-ring is verseker vir my 'n manier waarop 'n vrou 'n bietjie meer van haarself vertel. Sonder woorde.. 'n mens sien dit op haar gesig!"

Do you fancy Casablanca?

Toe 'n kliënt vir 'n plaaslike platejoggie vra "Do you fancy Casablanca?" het hy dadelik begin dink aan Morokaanse musiek vir 'n tema partytjie. Toe hy uitvra oor die temapartytjie en die antwoord kry "No dummy, the city, in Morocco" het hy gedink hy droom.

Hardus Vosloo, 'n plaaslike inwoner en sakeman, was die laaste jaar nege maal oorsee, na stede regoor die wêreld om musiek te maak.

"Ek kan dit self soms nog nie glo nie. Ek dink nie dit omdat ek goed is nie. Ek is net lucky en met genade van Bo" vertel Hardus beskeie as jy begin uitvra oor hoe hy aan die lekker werk gekom het. Terwyl Hardus sy storie vertel kom die woorde van bemaamde gholfster Gary Player in my agterkop op: "The harder you work, the luckier you get." Dit is beslis die geval met Hardus.

Sy vrou Sanri, by wie hy in 2003 nog verlek gesleep het, het 'n troue venue in die dorp. Sy het met 'n krisis gesit nadat die platejoggie wat vir die troue bespreek is, ure voor die tyd gebel het om te sê hy kan dit nie maak nie en toe bloot sy selfoon afgesit het.

"Sanri het gevra of ek kan help. Die bruid was in 'n toestand. Ek het niks gehad om mee musiek te maak nie

behalwe my guitar amp en my rekenaar. Toe sê hulle dit is reg en ek sit my amp in die tuin en maak musiek van my rekenaar af," vertel Hardus.

Na die troue het die bruid hom R500 in die hand gestop.

"Ek het gedink dis nie te sleg om betaal te word om iets te doen waarvoor ek lief is nie."

'n Bruilofgas het hom genader en gevra of hy nie by hulle troue ook wil kom speel nie. Die riemtelegram het van daar af gesorg dat Hardus amper elke naweek besig was met 'n troue. Troues het later besigheidsfunksies ingesluit. Eers in Middelburg en later verder uit die dorp in Mpumalanga, Gauteng en Noordwes.

Hardus meen dat 'n groot deel van sy sukses, of 'geluk' soos hy dit noem, te danke is aan sy vrou. Sy het sy stokperdjie vir hom afgerond deur aan te dring dat hy dinge altyd professioneel moet doen, soos om 'n stel klere te dra wanneer hy sy toerusting opstel en dan skoon te gaan aantrek voor die funksie begin, altyd netjies, altyd betyds en altyd vriendelik.

Baie van die besigheidsfunksies was by Kloppenheim tussen Belfast en Machadodorp. Toe 'n platejoggie vir 'n internasionale rekenaar maatskappy konferensie, twee dae voor die tyd siek word, het die hotel aanbeveel dat hulle vir Hardus probeer.

Die persoon wat al die maatskappy se hoëvlak verkoopsopleiding doen (verkope van miljoene rande op 'n slag), het Hardus daarna vir bykans twee jaar vir al sy nasionale funksies gebruik. In 2014 by Mount Grace in Magaliesburg, het hy weer mense van 'n ander internasionale maatskappy ontmoet. Hulle het vir hom gesê dat hulle mal is oor sy musiek en redigerings asook die feit dat hy onder druk kan werk en nie geïrriteerd raak met die gaste nie.

"Hulle vra toe of ek die wêreld saam met hulle wil

toer. En ek dog wat is die kans. Hoekom sal hulle 'n Middelburg outjie gebruik as hulle enige iemand kan kies? Hulle praat sommer maar net," vertel Hardus.

Bykans ses maande later vra dieselfde mense hom toe vir 'n kwotasie om in Griekeland en in Amerika te gaan optree.

"Ek het toe klaar vir 'n pel gesê dat ek hom sal help met die klank by 'n kerkkamp, so ek moes nee sê vir Griekeland," sê hy. Hy het ook nie die Amerika funksie gekry nie.

In Oktober 2015 het hy weer met die mense kontak gemaak tydens 'n geselligheid in Sandton. Kort daarna het hy die boodskap gekry "Do you fancy Casablanca?" Die res is geskiedenis.

Van Casablanca was Hardus al in Dubai, Atlanta, Hartford, Chicago, San Fransisco, Amsterdam, Kuala Lumpur, Melbourne en Vancouver. Hy het verjaar tydens sy reis na Maleisië en kon sy vrou saam neem.

"Alles wat ek van kleins af van gehou het, het opgebou tot wat ek vandag kan doen. Om te DJ is my passie, dis nie my werk nie."

Indien hy in ander lande gaan optree, doen hy navorsing oor goed soos die trefferlys in daardie land en die ouderdom van die gehoor.

"As die meeste mense 40 is, dan soek ek vir die trefferlys van 20 jaar terug, toe hulle 18 was. Soms is dit moeilik. Ek was by 'n funksie waar daar mense van vyf verskillende lande bymekaar gekom het. As ek nie die woorde van die liedjies verstaan nie, dan soek ek maar vir 'n paar met 'n catchy tune en 'n lekker melodie en tempo," sê Hardus.

Hy glo vas dat moeilike situasies op die ou end bydra tot verbetering.

"Ek gee alle eer aan die Here. Dit is eintlik amazing as jy terugkyk en besef hoe alles wat jy gedoen het, en alles waarvan jy hou, so perfek kan saamkom, tot jy uitvind, jy leef jou passie."

Hardus het tot op hede al meer as 600 funksies onder die belt. Hy sê dat hy toe hy nog 'n kind was, die boek 'Rich Dad, Poor Dad' van Robert Kiyosaki gelees het. Hy neem dit vandag nog ter harte.

"Moet nooit werk vir geld nie. Werk vir jou passie en geld sal volg."



When noise *becomes a song*

Finding his centre and allowing himself the space and time to do something extraordinary. Local artist Coster Mkoki speaks to **Get It Middelburg/eMalahleni** about his trip to the Sydney Art Space in Australia.

Coster, together with an artist from the United Kingdom, were selected to host an exhibition in Northern Beaches, Sydney, from 12 December 2016 until 9 January 2017.

"It was all about getting the space and the time to do something. Getting out of Middelburg and away from work and family. Because if an artist do not have space and time, how will you create something?"

Getting to Sydney was another matter.

"I declared that I wanted to go. But to get R51 000 seemed impossible. Everyone was asking, how am I going to manage? I did not know myself. But I knew that God knew," Coster says.

In good faith he applied for his visa before he had the money for the plane ticket. Two weeks before he had to fly to Australia, he still did not have the money.

"I started praying to God, asking him for guidance. I said, God, you parted the seas so that people can walk through it, please do the same for me?"

A week before his departure, a businessman phoned him. They wanted a large mural for their new building. The money for the mural, as well as a contribution from Samancor made it possible for Coster to go to Australia.

"The money was paid into my account four days before I had to fly!"

At the Sydney Art Space Coster got to make an artwork whilst being observed by visitors.

"I had a lot of explaining to do," Coster jokes. He says that people who came to the exhibition brought random material from which he made his entire sculpture.

"It is called Freedom, and it is mar-

vellous," says Coster.

He also had the opportunity to give a talk and did a spur of the moment corroboration with Japanese artist Hirofumi Uchino, who calls himself a noise artist, and Dave Young a bass guitarist as well as another artist called Beth.

"We made some experimental noise together. At first it had no direction but after a while it turned into something the people could understand. I saw in their eyes when it started to make sense to them."

He called the 'noise' Jesus be the Centre.

People asked "Why Jesus?" and Coster said that it was Jesus that gave him direction.

"Just like with the art, my life was a noise that turned into a song when Jesus came.

"Most artists think you have to be high or on something to be creative. I am here to tell them that we all have an inherent centre, something that

we can tap into if we only learn how to. That is where true creativity lies. Find the real you, with no foreign influences. That is when you become more creative."

Coster, a Zimbabwean native who now calls South Africa home, has lived in Middelburg since 2008. Before that he lived in Komati outside Middelburg.

"When I came to Middelburg for a seminar, I fell in love with the place. I said then, that I am going to call this town my home someday. I love it here."

He has done several artworks in Middelburg including three pieces at the Middelburg Mall. One of them, a red tractor with a cow on it, has become somewhat of a landmark at the mall.

Coster works as a fitter and turner facilitator at Samancor and is involved with the training and development of young people.

"My motto is 'It can be hard, and it can be difficult, but it is not impossible.'"



Coster Mkoki next to one of his commissioned art works in the Middelburg Mall.

Michelle

is eMalahleni se skoonheidskoningin



Met 'n visie in haar hart en 'n passie in haar siel, streef Michelle Kruger haar drome een vir een na.

Mej. Suid-Afrika was net 'n droom, tot Michelle die kans gevat het om dit te bewaarheid. "Ek het verlede jaar Augustus op Facebook gesien dat daar oudisies gehou word vir hierdie kompetisie. Dit was 'n lewenslange droom, al vandat ek 'n 10-jarige dogtertjie was, wou ek Mej. Suid-Afrika wees. Ek was nie seker of ek moet inskryf nie, maar het toe twee weke voor die tyd besluit om die kans te vat," het Michelle vertel.

Sy het ook gesê dat dit heeltemal buite haar gemaksone was. Dit was hier waar sy geleer het om haarself eerste te stel, die kollig op haarself te plaas en haarself die kans moes gee om te groei. "Dit is nie iets wat ek doen nie. Ek verkies om ander bo myself te plaas. Tydens die oudisies het een van die beoordelaars my teruggestuur, as gevolg van my donker lipstiffie. Net daar het ek gedink ek staan nie 'n kat se kans nie. Ek was stomgeslaan toe ek geroep word as een van die top 26, maar het die kans met albei hande aangegryp."

Nie net is hierdie 22-jarige vrou 'n aanwinst vir die modewêreld nie, maar haar hart en brein sit op die regte plek. Tydens haar ondervinding as Mej. Suid-Afrika, het sy voortgegaan met haar studies. Sy is tans besig met haar BA Graad in regte, en haar droom is om 'n advokaat te word. Sy het al drie jaar se studies agter die rug, en het nog so rofweg drie jaar om te gaan.

"As ek my hart op iets sit, dan sal ek alles in my vermoë doen om my droom te bewaarheid. Ek wil 'n advokaat word, so ek sal na my droom streef. Ek 'settle' nie vir minder nie."

Sy het vertel dat sy nog nooit aan 'n

skoonheidskompetisie deelgeneem het nie, en dat sy vreeslik baie geleer het. "Ek het absoluut niks ondervinding in hierdie tipe kompetisies nie. Ek het ingeskryf, sonder 'n afrigter en ek was net myself. Ek kan met trots sê dat ek self gekom het waar ek is, deur net 'ek' te wees en om pret te hê. Ek het dit nie as 'n kompetisie gesien nie. Ek is ook nie soos ander meisies wat aangeplak is nie. Ek hoef nie 'op te dress' nie. Ek loop met plakkies en sonder grimering op kampus rond. Maar hierdie kompetisie het my geleer hoe om na myself te kyk, van binne en buite."

Sy het bygevoeg dat sy baie van haarself geleer het tydens die kompetisie

Sy is tans besig met haar BA Graad

in regte, en haar droom is om

advokaat te word.

en ook dat sy besef het, dat sy onder druk kan werk.

"Ek het drie vriendinne gemaak. Ons het vir mekaar uitgekyk en mekaar glad nie beoordeel nie. Ons was net onself, en ek sien ons vriendskap nog hoë hoogtes bereik. Ons was baie dieselfde, met deernis vir ander en in hulle het ek vriendinne gekry."

Hierdie is nie die einde van die pad vir Michelle nie. Sy beplan om oor twee jaar weer in te skryf. "Ek het nooit besef wat mense bedoel as hulle sê ek is nog jonk nie. Maar ek besef nou. Die vroeë wat jy moet beantwoord! Nie net oor jou eie land nie, maar ook oor ander lande. Dit vat vreeslik baie om 'n ambassadeur te wees vir jou land, maar ek glo ek sal dit nog vervolmaak. Ek wil weer inskryf, en

ek gaan. Ek voel dat my hart op die regte plek is."

Tydens haar tyd in die kompetisie, was sy in Sun City en ook in die Kaap. "Ons het baie by Sun City geleer, onder andere, hoe om op te tree, wanneer jy praat, watter klere, parfuum, ensovoorts die beste is. Ook het ons geleer van sosiale media, watter impak dit op die bedryf het en hoe om kommentaar te hanteer."

Op Woensdag, 1 Februarie is die top 12 bekend gemaak, maar Michelle het ongelukkig nie 'n plek daar verower nie. "Ons was daar vir twee dae. Die eerste dag was 'n baie indiepte onderhoud, waar ek baie oor myself moes praat. Op die tweede dag was ek op die 'warmsitplek' waar ons bombardeer was met vroeë oor huidige politieke sake."

Michelle het op Maandag, 6 Februarie weer al haar aandag en fokus op haar studies geplaas. Sy het wel bygevoeg dat sy 'n werksaanbod gekry het gedurende haar tyd in die kompetisie. "'n Man het my genader en gesê dat ek 'n goeie prokureur sal wees. Al moes ek net inskryf om my droom as advokaat te verwesenlik, dan was dit die doel," het sy ten slotte gesê.

Michelle se ouers is woonagtig in eMalahleni, en dit is ook waar haar hart is, al woon sy permanent in Pretoria. Sy is 'n student by die Universiteit van Pretoria (Tuks).

Pinkie Pienaar

An icon at the Middelburg Muslim School



Madam Pinkie Pienaar, as she is affectionately known, has been teaching Grade Ones for 37 years - 21 of which has been at the Middelburg Muslim School.

She has been at the school since its inception in 1996 and is undoubtedly one of the most respected and most loved educators in the community - who has embraced her as one of their own and over the years built a relationship of trust and understanding.

It's not everyday that you'll come across an Afrikaans speaking teacher who describes herself as an educator "with a degree in Islam" and broad knowledge of the Indian culture.

She can recognize Arabic terminology and teaches her school children values adherent to Islam. "I've easily taught up to 1 000 children in Grade One over the years," she says, and has bonded with parents and kids alike.

Madam Pienaar grew up in the little town of Carnarvon in the Northern Cape, and she knew that teaching would become her lifetime career.

"I used to teach my siblings and we were allowed to use the garage walls as a chalkboard. When the walls were covered with writing my dad would repaint the walls so we could use it again".

Shortly after matriculating she studied at the Wellington Teaching College and after qualifying relocated to Lydenburg with her husband, Pine.

"It was here that I had my first experience teaching at an Indian School," Madam Pienaar recalls.

It was only in 1991 that she moved to Middelburg and began teaching at Eastdene Indian School - as it was known those days.

In 1996, the school board of the Middelburg Muslim School approached Madam Pienaar and convinced her to join them. It wasn't an easy decision and

took some persuasion.

"I was reluctant at first because I was unsure and to be in a Muslim environment was very new to me. But I took the plunge and I never looked back since".

It wasn't easy in the beginning and she had to make certain adjustments to her daily routine.

"When the muslim school first opened female teachers were required to wear a cloak and a scarf. I really had difficulty with this and I called my Mum. She said to me, don't see it as traditional attire, rather just see it as a school uniform. That changed my entire mindset and it became much easier after that".

The school has since changed those rules and non-muslim teachers are allowed to dress as they please - provided

Her teaching style instills values
and discipline among
learners...

it is respectable.

Madam Pienaar has since become a pillar of strength at the Muslim School and an icon in the community.

She has made friendships and bonded with entire families who cannot see past the school without her presence. Her teaching style instilled values and discipline among learners and she proudly defends the school and her students wherever she go.

"Teaching at a Muslim School has been an eye-opener for me and has dispelled a lot of misconceptions about the religion. I've learnt to appreciate and cherish other religions for what they really are and not for what they are perceived to be. At the end of the day, it's all about respect for each other. And

I always point this out in staff meetings, where I make us all aware that this is the new South Africa and this is how we can tolerate each other and live a fulfilling life in harmony. It's really special".

Madam Pienaar, who is currently the Head of Foundation Phase and spends 17 months as acting principal, says that looking back, it was probably the best decision she has ever made when she chose to join the school.

"It has been an incredible journey of which I cherish so many moments. I love these kids as my own and I'm prepared to do anything to ensure that they will succeed in life, and the same goes for the school. We've come a long way since the Muslim School opened and every step has been one of respect and appreciation for one another".

Many students who studied under Madam Pienaar in Grade One, bring their own kids to her class. Many of her former students have become doctors, lawyers, engineers and even teachers, and all insist she personally teaches them.

"I'm very grateful to everyone who continues to make my career a pleasant journey, and that includes the Ameer of the school, Moulana Mohammed Ali. We notice the changes in society and Grade One learners 20 years ago are not the same as Grade One learners today, and there's more challenges facing communities. But when you have a support system like ours, it just makes it easier to deal with".

Madam Pienaar says it's the children that keep her going and at this rate she doesn't see an end to her career, or at least not anytime soon.

"If I relocate, I'll only go teach at another Muslim School".

Franco

komponeer sy eie lewensreis

In 'n era waarin die meeste liedjieskrywers dit as 'n groot oorwinning beskou wanneer hulle woorde vind wat met "bokkie" rym, is Middelburg se Franco Prinsloo besig om sy lewenswysie op die internasionale verhoog te komponeer.

"Ek kan nog die dag onthou toe my ouers vir my 'n klavier gekoop het. Ek was ekstasies en hoewel dit effens van 'n honkey tonk was en 'n paar van die note nie gewerk het nie, het ek ure spandeer om self deuntjies uit te dink. In my graad-tweejaar het ek by Louis van Nieuwenhuizen begin klavierlesse neem en ek het net daar en dan gewéét dat dit is wat ek vir die res van my lewe wil doen."

Vandag word sy werk deur internasionale groepe soos die King's Singers vir hul toer na Suid-Afrika gebruik.

"Die Noordwes Universiteit PUK het my verlede jaar genader en 'n werk spesifiek vir dié toer aangevra. Ek luister al vir jare na die King's Singers en het al self baie van hul verwerkings in ensembles gesing. Om vir hulle te skryf was een van die lekkerste ervarings."

Hy is genooi om die groep te ontmoet gedurende hul optrede in Pretoria en hy sal ook die konserte in die ZK Matthews-saal by UNISA bywoon.

Franco het musiek by die PUK studeer en het daar die meeste van sy tyd gebruik om musiek en konserte te skryf. Hy het ook vir vyf jaar in die universiteitskoor gesing, onder leiding van professor Awie van Wyk - 'n tydperk wat volgens hom 'n groot rol in sy musiekloopbaan gespeel het.

"Ek komponeer baie koormusiek, asook kabarette en musiekblyspele. In 2016 het die Universiteit van Pretoria Jeugkoor een van my werke, Naledi - an African Journey - in Frankryk opgevoer. Die produksie was tydens 'n fees in Provence se antieke Romeinse amfiteater opgevoer - beslis 'n hoogtepunt!"

Hy is 'n oud-leerling van Hoërskool Middelburg en vertel dat sy onderwysers 'n groot impak op sy lewe gemaak het.

"My musiekjuffrou, Esmé Solms, het my oorreed om in die Mpumalanga Jeugkoor te sing en dit is tot vandag toe een van die mooiste herinneringe van my jeug. Dan het Anita Botha (my Afrikaanse juffrou) my aan die digkuns van Breyten Breytenbach voorgestel. Sy het eendag vir my sy digbundel "Die Ysterkoei moet sweet" geleen en ek sal altyd dankbaar bly vir daardie oomblik."

Nou is dit 'n wroeging om musiek te skryf, of gebeur dit spontaan?

"Definitief spontaan. Die beste musiek gebeur wanneer niemand dit verwag nie. Maar dit beteken egter glad nie jy kan net kan agteroor sit en wag vir dinge om te gebeur nie. Die muses kom slegs wanneer ek myself daagliks met komposisies besig hou."

Die rolprentbedryf sorg deesdae vir uitstekende klankbane en Franco het beslis 'n paar gunsteling.

"Film-musiek beskik oor 'n grootsheid wat mens selde in 'n regstreekse uitvoering kan ervaar. Die werke van Hans Zimmer en Danny Elfman is ongelooflik en as ek 'n paar van my gunsteling kan noem, dan is die fliks soos Amelie, Interstellar, The Matrix Trilogy, Requiem for a Dream en Cloud Atlas."

Musiek staan egter vir niemand stil nie en Franco het 'n besige tydperk wat voorlê. Hy vertrek Juliemaand na Hong Kong vir die Internasionale Harpkongres waar hy en 'n mede-komponis, Pieter Bezuidenhout, gekies is om werke vir die Sopraan en Harp ten toon te stel.

"Ek is baie opgewonde om met die Sjinese sopraan, Jessica Ng, te werk. Ek het al in die verlede vir haar musiek gekomponeer en konserte daarvan is in Singapoer en Hong Kong aangebied.

Om internasionaal vir jou werk te kan reis, is 'n groot voorreg."

Op Suid-Afrikaanse bodem tree hy gereeld by kunstefeeste op. Sy produksies - "Boegoe vannie liefde" en "Maanmond" is onder andere al by die Woordfees en die Klein Karoo Nasionale Kunstefees opgevoer.

"Ek het myself al in vele musikale rolle begeef," skerts hy. "Maar ek doen ook gereeld 'n eenmanvertoning van Afrikaanse gedigtoonsettings wat ek self gemaak het."

Hou maar gerus vir Franco Prinsloo dop. Jy gaan sy naam nog baie hoor.



Proud of her heritage

She oozes out poise, so calm and collected you would swear she is not carrying a huge title on her shoulders.

Nozipho Lynnette Matshiye is her name and Miss Heritage South Africa 2017 is her title, her reign officially begun in January.

She walks into our offices with her mentor Bro Jo Kgoloane (life coach and a motivational speaker) for the interview. The isiNdebele speaking queen was born, bred and raised in eMalahleni.

Nozzy as she is affectionally known to her peers and those close to her was raised by her grand-parents.

Unfortunately in 2013 she lost her grandmother, she takes a huge sigh before continuing with the interview showing she still misses her presence. "It was something I never expected as she was my pillar of strength, for every obstacle in my life I looked up to her so it was extremely tough."

Her house is a full house as she lives with her grandfather, mom and has three siblings being one brother and two sisters. Her cousins live there as

well, together they are one big happy family.

Growing up she was a bubbly child who was outspoken and very hyper.

The 23-year-old started school at Nkonjane Primary School and matriculated at Pine Ridge Combined School.

Straight after matric she attended MSC Business College where she completed her Computer End-user

qualification, in campus she entered her very first beauty pageant.

The competition was called Miss MSC Mpumalanga and she was the first princess. "Considering that it was my first pageant I entered, I think I did really well."

The journey never stopped there, in December 2013 she went for auditions for Miss Mpumalanga 2014. She made it until the Top 30 that was selected in January 2014.

"In entering contests I could see people loved me on stage." In 2015 she entered Face of eMalahleni where she was the second princess.

One day when browsing through her Facebook she came across the Miss Heritage SA competition.

She travelled more than 500 kilometres to Bloemfontein in the Free State to audition in May 2016. When she was part of the Top 12 finalists they got an opportunity to visit various heritage sites to learn more about their roots.

Fast forwarding to the night of the crowning Nozzy was nervous but excited. This happened on September 24 at the Bloemfontein Civic Theatre, what better way to crown Miss Heritage SA when the entire country was celebrating this prestigious holiday. She also won the title of Miss Personality 2017.

"That morning I did not talk to anyone as I was nervous. At the beginning of the night I was confident because I knew I was competing with myself but after doing the introduction round I felt I had messed up and I cried. I thought it was the end of the road for me."

Little did she know that her tears would turn into tears of joy after sitting on her throne. "I was really excited because a part of me never expected it."

I ask her that with a title like this surely it comes with a huge responsibility. Nozzy nods to show she agrees. She is expected to represent our country not only here but internationally as well as a result she will go to India this December for Miss Heritage International.

Her radiant face lightens up as she mentions how proud she is to be a Nde-



Keitumetse Mere (Second princess), Nozipho Matshiye (Miss Heritage South Africa 2017) and Sibusiso Xego (First princess)

bele woman because of the language, identity, clothing and the respect her people have for others.

Under her foundation AsMashe Tsotsi/ Hope, she has projects she wants to assist in but her sole project now is the one where she will be assisting drug addicts. "I feel we as the community do not understand the way they think. They deserve more love as we do not know what could have led to the addiction."

"I want to change young lives by taking one person out of drugs as I'm seeking for a better life for every young South African. Our brothers and sisters have given up on hope. We as the community have to revive, reunite and help addicts by giving them a hand to pull them out of the den they are in. My foundation aims to educate the community on how we can deal with the victims on our everyday lives."

Her 2017 resolutions are to work towards getting into the mining business and also farming because her grandfather will be more than willing to hold her hand as she walks the agricultural journey. Nozzy is also an academic, currently she is studying for a Safety Management qualification through NOSA.

She had a formal meet and greet on February 25 at The Ridge where this meeting allowed for her fans to get to know her.

Later on, a dinner was held dedicating the evening to all sponsors that assisted in her journey.

"A big thank you to everyone that assisted me, I would not have made it this far if it was not for you. To my mom and grandfather, you are my pillars of strength. Especially my mentor Bro Jo, you know the journey we have travelled was not a smooth one, so thank you for the advices, for marketing me and assisting me emotionally and financially. Thank you. How can I forget the one person who made all these people open their hearts? God."



Nozipho Matshiye is Miss Heritage South Africa 2017

Van Rook, M. A. (1997). *Journal of Management Education*, 21, 103-112.



die groot geveg by Ellispark en promotor Dave Lavine het vir Wood gevra of hy nie wil instaan vir die geveg nie. Wood het dadelik ingestem.

"Almal het gesê hy gaan my platslaan, maar toe wen hy my na 10 rondtes net op punte!"

Kelly Tyres het elke week 'n sportster van die week aangekondig en Wood is as die sportster van die week gekroon.

"Dit was die enigste keer ooit dat hulle 'n verloorder as sportster aangewys het. Hulle het gesê dit is omdat ek so goed geboks het teen die nommer een bokser in die wêreld en omdat hy my nie kon platslaan nie."

Na hierdie geveg is 'n besondere foto geneem waar Wood en Ludick glimlaggend langs mekaar staan saam met sy afrigter Cyril Carrol, die promotor Abe Hack en Theo Carrol (Cyril se seun). Hierdie foto is later deur die bokslegende, die onoorwonne swaargewig kampioen, Rocky Marciano, geteken.

Wood veg ook teen Suid-Afrikaanse bokskampioen, Pierre Fourie, wat hom in dié geveg ook met punte klop. Die uitslag was vir die skare onaantwoordbaar en hulle het stoele in die kryt gegooi en die beoordelaars uitgejou.

"Hierdie geveg het my gebreek en ek was nie meer lus om te boks nie."

Wood kom verder twee keer in die kryt te staan teen Jan Kies, die bokser wat bekend was vir sy geweldige harde houe. Die eerste geveg wen hy Wood net op punte en met die tweede geveg slaan hy

Wood uit.

Na hierdie geveg beëindig Wood sy boksloopbaan op net 27.

Op 45 kyk hy en sy vriende na 'n skopboksgeveg en hy sê laggend vir hulle dat hy graag teen 'n skopbokser sal wil veg. Sy vriende het gesê hy sal nie, waarop hy dadelik die uitdaging aanvaar het.

Binne 'n kort bestek het Basie van Niekerk vir hom 'n geveg gereël teen Charl Fourie, die Suid-Afrikaanse Middelgewig Skopbokskampioen!

Met net 'n paar dae se oefening agter die blad, klim Wood in die kryt met televisiekameras en koerantmanne wat wag dat hy vinnig grond toe moet gaan.

Maar al wat val is Wood! Na ses rondtes wen Fourie net op punte. "Fourie het later gesê dit was een van sy taaiste gevegte nog!" vertel hy laggend. Wood het egter nie heeltemal ongeskonde uit die kryt geklim nie.

"As ons geboks het, was dit orraait, maar as ek so twee treë terugstaan, dan skop hy my omtrent 10 maal! Ek was potblou en lyfseer vir twee weke. Ek het nou letterlik en figuurlik 'n kick daaruit gekry! Die adrenalinie op daardie oomblik is geweldig en jy voel niks, maar later besef jy, jy was eintlik

stupid."

• In 1991 ontvang hy die King Korn trofee omdat hy die jongste professionele bokser en Suid-Afrikaanse Bokskampioen was.

Later ontvang hy ook die Oos Rand Veterane Vereniging se "Veteraan van die jaar"-trofee.

• Wood het in sy jare as professionele bokser gereeld geskerm teen nog 'n bokslegende, Spider Kelly, wat ook 'n inwoner van Middelburg is!

• Op 73 hou Johnny steeds van uitdagings. Hy speel rolbal, het al meer as 30 Parkruns kafgedraf, is betrokke by welsynsorganisasies en het selfs al 97 pinte bloed geskenk.

En al het hy al lankal alles uit sy boksdade aan versamelaars uitgedeel, vryf hy soms verlangend oor sy springtou en onthou die adrenalinie van vasbyt en aanhou as die Ysterman van Germiston.

Johnny Wood (73) met een van sy kosbaarste besittings, 'n foto wat geneem is nadat hy geveg het teen Willie Ludick. Die foto is geteken deur die bokslegende, Rocky Marciano.





Outlaw Riding



Lee-Anne Meyer with Rahima.

Driving through the Glen Cullen Farm, on the Stoffberg Road past Middelburg, it is hard not to imagine yourself wanting to just to escape from the world.

It is even harder to not imagine yourself doing just that on one of the many horses that call the farm home. Outlaw Riding School is just the place for you if you'd like to spend some time with the wind in your hair, feeling as free as a bird – or horse in this case. **Get It** spoke to Lee-Anne Meyer, owner of the riding school on the joys of horse riding and why it's never too late to pick up a love for horses.

"I grew up in Durban. Everyone seems to think that to be interested in horses, you have to start riding at a very young age but I only got involved and interested in horse riding at the age of 22. It really is never too late to

start!" says Lee-Anne. After catching the equestrian bug, she went on to study the SANF courses through Damelin and then moved to Groblersdal. She's been in Middelburg for almost a year now.

The riding school, although fairly new, has 37 horses, eight of which are owned by the school while the rest are privately owned.

Mostly Arabian horses, there are three groomers, ensuring that each horse is well taken care of. Preferring to work alone, Lee-Anne is also the sole instructor of the school, individually teaching and training each of her students.

Her students, ranging from the ages of three to adults, all enjoy spending time with the horses, learning new skills and techniques. Although Outlaw does not train in showjumping and dressage, it is one of the few schools that place an importance on pleasure rather than competitiveness - horses at this school are used for endurance and pleasure riding.

The benefits of riding are immense, from helping with concentration and bal-

to teen's



School

ance to improving self-confidence." The self-confidence a child gets after riding a horse is amazing - it truly is amazing to think of a child, who has had a bad experience, get back up on their horse and ride. Getting back in the saddle really is a true thing", Lee-Anne speaking about her own experience with her students. For her, personally, horses have taught her a lot in life, on how to be patient and how much calm and pleasure riding has given her.

The passion Lee-Anne has for her horses is obvious, as she speaks of each one and their very distinct personalities with some being sweet and calm and others being stubborn and hot-headed. Lee-Anne prefers the hot-headed ones - "they give me more of a challenge".

From teenagers to special-needs children, all have experienced the calming effects one gets from horse riding. And the wonderful thing about horse riding is that each experience depends fully on the rider. First-time riders should get to know the horses, they're magnificent, sensitive creatures who sense fear and nervousness. But the self-confidence and power one gets from riding a horse is something that you won't find anywhere else.

Something which Lee-Anne lives by and tells her students is a simple mantra but one that captures the spirit of Outlaw and in some ways, life itself: A brave rider makes a brave horse. A scared rider makes an unpredictable horse.

To join, contact Lee-Anne on 078 903 4420 or like their Facebook page.

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GET IT

The Movement that is moving the world!

All over the globe God is busy raising up day and night Houses of Prayer and Prayer watches and a Prayer movement is starting that is moving the world. When you Google the words 24/7 Houses of Prayer, you get at least 30 pages of results. Amongst these, you also find Witbank House of Prayer Missions base.

Witbank House of Prayer started in August 2009 as a house of prayer in Witbank-South Dutch Reformed Church. Marais Hendriks, the leader of Witbank House of Prayer was a minister in the congregation when God provided for him and his wife Linda to visit the International House of Prayer in Kansas city, where there is ongoing worship and intercession since September 1999.

One morning, while sitting in the Global Prayer room and spending time in the Lord's presence, the Holy Spirit spoke to them separately, saying that when they get back to their congregation, they must start with a Prayer room in their living room. After their return and prayer with the leadership and intercessors of the congregation, they started with the House of Prayer in August 2009 in the living room of the parsonage.

In 2012 God led them to start with the next phase of the House of Prayer, which is an internship year / gap year. The Lord led them to call this year a Joshua Year, which is based on Joshua 33:11 where Joshua stays behind in the presence of God and this year is a year in the presence of God growing in the knowledge of who God is and in an intimate relationship with God.

Young people are invited to spend a year in God's presence in the House of Prayer. It is a year in which they get training and also do a certificate course in Biblical Counselling. It is a year in which God lays a rock solid foundation for their future.

This command from the Lord links up with the vision that God gave them for the House of Prayer, namely 300+ fulltime worshippers and intercessors, day and night worship and intercession, training for worshippers and intercessors and out of this works of righteousness in the community through which God's

love and righteousness is making a difference in the community.

At the end of 2016 God provided a building for the House of Prayer and on 1 February 2017 Witbank House of Prayer Missions base opened its doors as ministry independent of a congregation or denomination, as a House of Prayer for the city and for South Africa.

There is already 7 fulltime Prayer missionaries at Witbank House of Prayer. A Prayer Missionary is someone called by God to stand in front of His throne and stand in the gap for His Bride to make herself ready for the Marriage of the Lamb.

Just as missionaries are called to spread the gospel worldwide, Prayer missionaries are called as living sacrifices to stand in the gap for the Kingdom of God.

A Prayer missionary can reach the utmost parts of the world without travelling there or being able to speak the language of that region. It is possible to impact an area with prayer without being there in person.

This call to prayer is not just for those called by God to be fulltime Prayer missionaries, but for every believer. Witbank House of Prayer is already open 38 hours per week and anyone is invited to visit the Prayer room during open Hours to join in prayer or to just spend time in God's presence. Every Sunday evening there is a Fellowship with worship and teaching. The schedule for the Prayer room is available on the website at www.witbankhop.co.za

Witbank House of Prayer also has an annual Prayer Conference where speakers from the International House of Prayer in Kansas City come to teach on prayer. This year's Conference is combined with a two day Bible School from 22-23 August, with the theme: Why our

words matter to God? The Conference is 25-27 August and the theme for the Conference is: Contending for Revival!

The speakers at the Bible School and Conference are Allen Hood and Corey Russell.

Allen Hood has served on the leadership team of the International House of Prayer since 2000. He currently serves as the Associate Director of the IHOPKC and as the President of the International House of Prayer University. Allen is called to intercede for the fullness of God to be released in the Church and to labour for the strengthening of the global prayer and missions movement. Proclaiming the glorious splendor of Christ Jesus is his joy, and preparing the Bride for the glorious return of Jesus is his burden. To this end, Allen is deeply committed to seeing unceasing corporate worship and intercession established in every tribe, tongue, and nation.

Corey Russell has served on the senior leadership team of the International House of Prayer since 2000. He travels nationally and internationally preaching on themes of Knowledge of God, Intercession, and the Forerunner Ministry. Corey has written several books including "Glory Within", "Ancient Paths" and "Prayer".

The House of Prayer team is also available to visit congregations for weekends to teach on Prayer, and also the Harp and Bowl model, which is the combination of worship and prayer.

The purpose of such weekends and also the annual Prayer Conference is to ignite a fire for prayer in the hearts of believers and in the church.

For more information about the House of Prayer, the Joshua Year or the Conferences or training, send an e-mail to info@witbankhop.co.za



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25-27 August 2017
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For more information, please contact the paediatric unit at Life Cosmos Hospital on 013 653 8312



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The cinema



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**For more information, please contact
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■ Dr D Daya	013 653 8330
■ Dr CC Edeani	013 653 8023
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- When the answer to a question being asked, is often unrelated
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Making life better

Tiny tots to teen's



Aandagafleibaarheid in Kinders – wat is dit werklik?

Aan die begin van die nuwe skool jaar is daar baie ouers en onderwysers wat vrae het rakende aandagafleibaarheid en die behandeling daarvan. Meeste kinders het gedrag wat verdag is van aandagafleibaarheid; praat uit hul beurt, kan nie stil sit of staan nie, vroetel gedurig en dagdroom in die klaskamer.

In kinders wat wel aandagafleibaarheid sindroom het, is hierdie gedrag van so erge aard dat dit hulle skoolwerk en selfs take by die huis beïnvloed. Hierdie kinders sukkel met verhoudings met hulle broers of susters, ander kinders by die skool en word baie keer as die "stout kind" gemerk by die skool.

Wat is Aandagafleibaarheid Sindroom?

Dit is 'n mediese toestand waar die brein sukkel om kinders se gedrag te beheer. Dit is een van die mees algemeenste kroniese toestande van kinders en affekteer ongeveer 4-12 % van die skoolgaande kinders. Ongeveer 3 keer meer seuns as dogters sukkel met hierdie toestand. Gedrag word op verskillende wyses beïnvloed.

Verskillende Tipes van Aandagafleibaarheid Sindroom

Nie alle kinders het dieselfde simptome nie.

Simptome word geklassifiseer volgens die 3 tipes van aandagafleibaarheid sindroom.

- Aandaggebrek tipe – hierdie kinders is nie hiperaktief nie. Omdat hulle nie die klas afbreek nie mag hierdie groep kinders gemis word. Meer algemeen in dogters.
- Hiperaktief / Impulsiewe tipe – hierdie kinders is gewoonlik hiperaktief en impulsief maar kan wel aandag gee aan uitvoer van take. Meer algemeen in jonger kinders.
- Gekombineerde tipe – hierdie kinders is hiperaktief, impulsief en het 'n gebrek aan konsentrasie. Hierdie is die algemeenste tipe.

Herkenning van Aandagafleibaarheid Sindroom

Soos reeds genoem kan meeste kinders wat nie lei aan hierdie sindroom ook af en toe gedrag toon wat val in die boonste 3 tipes. Maar as kinders spanning ervaar

of swak prestasie op skool toon as gevolg van hierdie simptome moet hulp gesoek word.

Meeste kinders met aandagafleibaarheid word geïdentifiseer in die klaskamer deur onderwysers ook. Indien jy bekommerd is dat hierdie simptome wel 'n probleem in jou kind se lewe skep is die beste om jou pediater te kontak. Kinders met onderliggende depressiewe, angstigheid of leer probleme mag ook presenteer met hierdie simptome en is deeglike evaluering deur of 'n opvoedkundige sielkundige of pediater belangrik.

Kinders moet soms ook deur die pediater geëvalueer word vir ander organiese siektes soos

skildklier probleme, ystergebrek of epilepsie.

Behandeling van Aandagafleibaarheid Sindroom

Meeste kinders wat begin word met behandeling as die diagnose gemaak is, doen werklik baie goed – nie net in hul skoolwerk maar ook met ander aktiwiteite en met hulle persoonlike verhoudings. Behandeling bestaan nie net uit medikasie nie, maar ook uit gedragsmodifikasie terapie. Soms is berading en opleiding van die gesin en ander familieledes ook nodig. Die betrokke kind moet ook ondersteuning kry met die aanleer van tegnieke om sy/haar aandagafleibaarheid te bestuur.

Simptome van Aandagafleibaarheid Sindroom

Aandaggebrek

Gedrag wat kinders toon:

- Sukkel om aandag te gee, dagdroom
- Luister nie as mee gepraat word
- Maklik afleibaar as besig met take
- Gee nie aandag aan detail nie, maak maklik foute
- Volg nie instruksies deur nie
- Is ongeorganiseerd
- Verloor belangrike items by die skool
- Vergeetagtig
- Vermoed aktiwiteite wat langdurige aandag benodig

Hiperaktiwiteit

Gedrag wat kinders toon:

- Konstant besig, kan nie afskakel
- Kan nie bly sit nie
- Praat uitermatig baie
- Vroetel gereeld
- Hardloop, speel en klim op goed in 'n omgewing waar eintlik nie toelaatbaar
- Kan nie stil speel nie

Impulsiwiteit

Gedrag wat kinders toon:

- Praat en reageer sonder om te dink
- Hardloop die straat in sonder om te kyk vir motors
- Kan nie beurt af wag nie
- Ongeduldig om te wag vir goed
- Skree antwoord uit nog voor vraag klaar gevra is
- Val ander gereeld in die rede in geselskap



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Gehoorverlies lei tot 'n taalprobleem en 'n taalprobleem tot 'n taalleer probleem...

Gehoorverlies by kinders is een van die redes waarom daar baie kinders is wat nie presteer op skool nie. Ouers en onderwysers besef selde hoe ernstig die probleem is, omdat dit een van daardie probleme is wat nie sigbaar is nie.

Die algemeenste teken van gehoorverlies by kinders is wanneer taal nie ontwikkel nie. Wanneer 'n kind 'n ernstige gehoorverlies het, is dit maklik om agter te kom dat hy nie op klanke reageer nie. 'n Geringe mate van verlies word moeiliker identifiseer. So ook wanneer die verlies slegs in een oor voorkom. Ongelukkig kan selfs 'n geringe mate van gehoorverlies 'n negatiewe effek uitoefen op die kind se kommunikasievermoë en vordering op skool.

Indien gehoorverlies voor ses maande geïdentifiseer en behandel word, is die kans baie groot dat die kind normale taal en kognitiewe ontwikkeling sal ontwikkel. Vir hierdie rede is dit belangrik om jou baba van die staanspoor af dop te hou.

Mylpale: spraak, taal en gehoor

3-6 maande

- Herken 'n stem (draai koppie) en glimlag in reaksie op die stem
- Geniet speelgoed wat geraas maak

6-10 maande

- Reageer op musiek met babageluide
- Reageer op naam
- Herken woorde soos; mamma en pappa en kyk vir die regte persoon
- Verstaan algemene woorde

- Bammel met geluide soos; "ba", "ma" en "da"

10-15 maande

- Ken name van gunsteling speelgoed, en kan daarna wys indien gevra word
- Hou van rympies en wysies
- Boots eenvoudige woorde en klanke na, spreek eerste duidelike woord

15-20 maande

- Kan eenvoudige take uitvoer soos "gaan haal jou skoene"
- Herken liggaamsdele, en vra na voorwerpe by naam
- Het 'n ekspressiewe woordeskat van 10-20 enkel woorde

20-24 maande

- Begin om woorde te kombineer in twee woord sinne byvoorbeeld nog tee
- Verwys na hulself by naam
- Geniet dit as jy voorlees
- Wys belangstelling in klanke, radio en televisie programme

2-3 jaar

- Op twee jaar het hul 'n woordeskat van ongeveer 270 woorde en dit vermeerder elke dag
- Wil graag kommunikeer om behoeftes uit te druk, ervarings en belangstellings te deel
- Kan vir 20 min aandagtig na 'n storie luister
- Op ouderdom drie het die woordeskat al vermeerder na ongeveer 1000 woorde
- 80% van gesprekke is verstaanbaar vir vreemdelinge

- Kan eenvoudige vrae vra

Heel moontlik is taal agterstand een van die groot redes hoekom kinders nie in die klas luister nie 'n Taal agterstand kom voor wanneer leerders nie taal ontwikkel teen dieselfde tempo as hul klasmaats nie. Dit is algemeen in leerders wat onderrig in hul tweede taal ontvang, in plaas van hul eerste taal. Verdere moontlike oorsake sluit in; kognitiewe beperkings, ADHD, gehoorverlies, visuele probleme, mishandeling, gedrag- en emosionele probleme of 'n kombinasie van die bogenoemde faktore.

'n Taal agterstand kan taalvorm, inhoud en gebruik insluit. Woorde, sinne en klanke word onder taalvorm na verwys, terwyl taalinhoud verwys na die betekenis van boodskappe en pragmatiese/sosiale vaardighede kan onder taalgebruik saamgevat word.

Wat kan ek as ouer doen?

- Verwys na 'n spraakterapeut
- Wees geduldig met die kinders, dis vir hulle moeilik om u te verstaan, gebruik eenvoudiger instruksies en gee individuele aandag aan hulle
- Herhaal of herfraseer u boodskap
- Moedig hulle aan om vrae te vra
- Leer hulle toepaslike sosiale vaardighede, hoe om 'n gesprek te begin, en die onderwerp toepaslik te verander en om oogkontak tydens 'n gesprek te behou.

Geen kind is te jonk vir 'n gehoortoets, maak vandag seker dat u kind normale gehoor het om sodoende onnodige taal en leer probleme uit te skakel.

Het hy reg gehoor?

Ons dienste sluit in:

- o Gehoortoetse (Babas, kinders en volwassenes)
- o Gehoorapparate
- o Industriële gehoortoetse
- o Geraas beskerming
- o Swem proppies
- o Spraakterapie

Simptome van gehoorverlies:

- o Gee nie aandag nie.
- o Ontoepaslike antwoorde op vrae.
- o Herhaling van 'n graad.
- o Spraak- of taal agterstand.
- o Beperkte woordeskat.
- o Lae selfbeeld.



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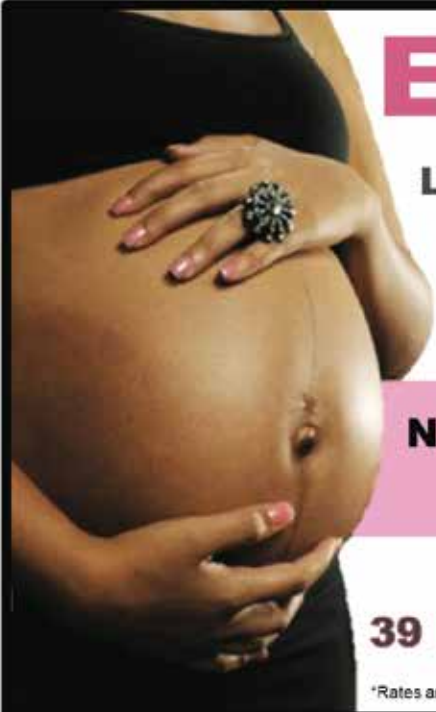
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By Jolly Tjokkers word die kinders altyd eerste gestel. Elke kind geniet individuele aandag volgens sy/haar behoeftes. Jolly Tjokkers is 'n Christelike – gebaseerde kleuterskool en daar is wedersydse respek tussen onderwysers, kinders en staf. Van jou kind se eerste treetjies af streef ons daarna om 'n gesonde, gebalanseerde kind met selfvertroue te vorm.

Jolly Tjokkers het gekwalifiseerde onderwysers en elke klas het 'n assistent. Ons Kleuterskool verskaf 'n stimulerende program aan Afrikaanse sowel as Engelse kleuters. Daar is 'n beperkte aantal kinders in elke klas. Die graad RR klas lewer 'n uitstekende fondasie vir Graad R.

Die speelterrein beskik oor 'n goed versorgde grasperk, sandputte, fietsbaan, krieket net, verskeidenheid klimrame en hasie/voel tuin. Jolly Tjokkers beskik oor 'n tennisbaan waar die Charl Basson tennis skool weekliks lesse aanbied vir kinders van 3-5 jaar.

Jolly Tjokkers het ook 'n gevestigde Naskool Sentrum vir kinders van Gr R tot Gr 2. By die Naskool sentrum word huiswerk gedoen, tennis gespeel, heerlik geswem en tv gekyk. Konstante toesig is teenwoordig by alle aktiwiteite. Naskool kinders word ook opgelaaai by hul buitemuurse aktiwiteite.

Eienaar betrokkenheid is 'n sleutel waarde by Jolly Tjokkers, Sharon en Louan is intiem betrokke by die dag-tot-dag verloop van Jolly Tjokkers. Dit is vir ons belangrik om aan ouers totale gemoedsrus te gee terwyl hulle by die werk is. By Jolly Tjokkers glo ons grootword moet pret wees!



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Tiny tots to teen's

Kids are to be seen *And* heard!

I once heard someone say the most priceless commodity is time, but I don't agree, I believe the most precious entity we will ever own is our children. We will always be limited by time because it will inevitably run out therefore we only feel the need to Impact the world positively while we are still here. However, through our children and their children we have the opportunity to impact the world long after we are gone. This next generation is being labelled as weak and we as parents often compare today's children to previous generations. The truth is children today are being exposed to a completely different way of life. Knowledge and wisdom can be retrieved from just about anywhere on everything, children no longer go to their parents as their primary source of information. What's happening is instead of getting an understanding of the way we did things they are now following whatever example they are given through media.

As children there should always be a sense of dependability, but our fast paced life styles have forced many children to become more and more independent both from parents and from God. Our children no longer feel the need to have relationships with us as parents because so many things have become substitutes. Sadly, for this generation relationship breakdown didn't start with our children; it started with us. Economic recession has caused both parents to have to work, house chores, sport and other extra mural activities take up a good portion of the rest of the free time we as families have. This leaves minimum time for families to spend quality time together and children have turned to social media as an example of what an ideal life is. Spending a lot of time with your child is quantity time (watching TV together), quality time is building relationship. Communication breakdown is the leading cause for the breakdown of most relationships and households. For us to be able to make an impact on this next generation, we HAVE to make effective communication a priority. By effective I mean it is a two-way street, in other words

we need to make time to listen to our children and not just to talk to them. Even though times have changed, the basics of relationship have not. From a Christian perspective I've come to learn that man was made for relationship with God, so whether or not we are aware of this we crave relationship. Children that do not get this at home will inevitably seek it in something or someone else.

They have a desperate need to be understood and to be heard. I'm not oblivious to the fact that time is a factor and not everyone has the same amount of time at their disposal, but the truth is we can't afford not to make time. The future leaders, Pastors, Parliament, doctors, teachers etc. are in our homes, and we lose the privilege of criticism if we don't accept responsibility. Children today have been overloaded with information that they are not emotionally mature enough to process. We can't do anything to alter the system but as parents we have a responsibility to teach them limits or to limit them. Our children need us to be more present in their lives, they are drowning and we are their God given life savers. My husband and I have 3 boys of our own and are very passionate about the future of the youth. Proverbs 22 vs 6 says if we train a child up in the way he should go he will never depart from it.

The following stats on social media is not to suggest that it must be stopped. It is simply to make us aware of some things we could limit to generate more family time. This will be a sacrifice required both from parents and children.

The recent South African Social Media Landscape 2016 study conducted by World Wide Worx and Fuseware has revealed that Instagram has seen immense growth over the last year, and that Facebook is now used by a quarter of the population. They have found that in South Africa there are:

- 13 million Facebook users
- 7.4 million Twitter users
- 8.28 million YouTube users
- 2.68 million Instagram users

This means in the last year Facebook increased by 8%, from 12-million to 13-million users, Twitter by 12%, from 6,6-million to 7,4-million users, YouTube by 15%, from 7,2-million to 8,28-million users, and Instagram, with a staggering 133%, from 1,1-million to 2,68-million users.



P's Michelle Schoultz
Mercy Tree Ministries

Email mich.schoultz@gmail.com

Please feel free to email me for more information on our camps and conferences. I am starting an exciting new workshop for Woman, called Wall of Fire Workshops that will encourage and strengthen women for the battles they are faced with daily. **God's will is to heal broken homes.**

Author of When God meets Depression and founding Pastor of Mercy Tree Ministries.

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Versiering

- Klop die STORK SPREAD tot donsig en voeg die versiersuiker by.
- Klits tot goed gemeng en voeg 'n bietjie vloeistof by tot die versiersuiker smeerbaar is.
- Plaas een koek op 'n bord. Kleur van die versiersuiker 'n helder kleur en bedek die koek daarmee.
- Sny die ander koek in die helfte en

smeer met 'n ander kleur versiersuiker.

- Rangskik die twee helftes op die eerste koek sodat dit soos goggavlerke lyk. Versier die vlerke met lekkers.
- Gebruik helderkleurige lekkers vir die oë en mond en pyp-skoonmakers vir die voelers.

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Bron: Stork.



Helderkleurige lekkers en pyp-skoonmakers

Koek

- Voorverhit die oond tot 180 °C en smeer twee ronde koekpanne met 'n 22 cm-deursnee. Voer dit met bakpapier uit en smeer weer.
- Plaas al die bestanddele in die volgorde waarin hulle gelys is, in 'n groot mengbak en klop sowat 3 minute tot 'n gladde deeg.
- Gooi in die bereide panne.
- Bak 30-40 minute tot gaar. ('n Toetspen moet skoon uit die middel van die koek kom.)
- Laat 10 minute in die panne afkoel en keer Dan op draadrakke uit





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