



The Chat

The Chat | 2020 Volume/Uitgawe 4

The Familiar Chat/Gewone Spekvreter (Cercomela familiaris)

Length about 15cm and weight up to 28g. Bare parts are iris brown, bill, legs and feet are black. Chats can be darker grey-brown below, with a richer chestnut rump and outer tail feathers. Chats like to flick their wings when at rest and some will tremble its tail. **Habitat:** All over South Africa and Namibia, but not in the higher parts of Botswana and KZN because of the wetlands. You will see them regularly around human habitation and common residents. **Food:** insects, fruit, bread, animal fat (formerly ate grease from wagon axles, hence "Spekvreter"). **Breeding season** - July to April.



EDITION / UITGAWE

MASTERING YOUR MINDSET DURING COVID-19 LOCKDOWN

By F. Hattingh



Sometimes you find yourself in the middle of nowhere, and sometimes, in the middle of nowhere, you find yourself.

Living on the Estate during lockdown has both advantages & challenges on your mental health state.

In the beginning of the lockdown period, we were filled with positive mindsets, had more than enough energy to do necessary tasks at home, were excited to work from home, made ourselves more available to enjoy time with our family, focused on our health & fitness and it was comfortable to wear the same tracksuit every day.

HERE ARE A FEW CHALLENGES WE FACED AS TIME PROGRESSED:

- Frustration built up amongst family members.
- We ran out of new creative activities such as puzzles or board games.
- Entertainment platforms (Box Office, Netflix, Showmax) tempted us to tick off all of our "binge-watch" lists.
- Our grocery shopping trips became more frequent and the budgets tightened.
- We became more reluctant to exercise (cold weather is not helping with motivation to get out of bed or even out of the house).
- There is an incline in underlying stress because of the infection risk (you, your family or friends and losing loved ones).
- Stress because of the prospect of financial hardship e.g. losing our jobs or not getting paid.



which include low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression and post-traumatic stress symptoms. I have found that low mood, uncertainty about the future and irritability specifically stood out as common topics in therapy with clients.

Alcohol substance abuse increases as a way to deal with the stress and isolation. Daily updates on infections and death numbers may cause depression to kick in. Not exercising to relieve stress and to boost overall mood & immune system may cause depression and increasing levels of irritability and temper outbursts.

These feelings are completely understandable, given the nature of our lockdown situation. Be assured that you are not the only one experiencing these feelings.

My motto: When you only have a plan A, you are in trouble.

Take this time, that has been given to us, and learn how to cope with and manage your stress, anxiety, low mood and feelings of increasing uncertainty.

TIPS AND COPING MECHANISMS FOR THIS LOCKDOWN PERIOD: (Plan A, Plan B, ...)

- As far as possible, create and maintain a routine that works for you. Structure gives a sense of safety and support. (Eat meals at regular times, stick to a regular bedtime and sleep enough, get up and dress at a designated time, get some sunshine by walking around



Unsurprisingly, during self-quarantine, we are very likely to develop a wide range of psychological stress symptoms,

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MEET THE TEAM

ESMARIE RUDOLPH

076 691 7373

esmarier@just.property



LEZAAN MENTZ

082 326 6271

lezaanm@just.property

PHEMELO MOKANG

071 820 3466

phemelom@just.property



CLAUDIA JAMES

081 029 0760

claudiaj@just.property

PETRUGH TALJAARD

082 066 5694

petrught@just.property



ROAN JANSE V VUUREN

071 896 0138

roanjvv@just.property

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MASTERING YOUR MINDSET DURING COVID-19 LOCKDOWN ... continue

in your garden, download an exercise 'app' and exercise in the comfort of your own home).

- B. Stay connected with family and friends via calls, text, WhatsApp, email, Zoom or Skype. Use this time to get in touch with people that you rarely communicate with. Online contact can't really replace human touch, but it remains a powerful tool to remind yourself that you are not alone.
- C. Carefully choose your news and media sources. Do not get overwhelmed by news or even fake news, for that matter. It may not be helpful for your mental health state right now.
- D. Make selfcare a top priority by taking time to engage in things that you enjoy or find relaxing. Selfcare also includes your responsibility of maintaining boundaries such as refusing visitors and reducing unnecessary demands.
- E. Healthy eating habits maintain the immune system and contributes to mental well-being. Enjoy seeking out new recipes.

- F. Reach out and talk to a psychologist, social worker or religious leader when you notice that your mental health state is troubling you and that you have run out of plans.

By nature, humans are resilient. We have a basic instinct to survive. Therefore, lockdown does not have to imply solitary confinement.

MASTERING your MINDSET can be one of the biggest ACHIEVEMENTS in your life - turn your "lockdown-frown" upside down.

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Freda Hattingh | Registered Social Worker
CINGA Consulting | SACSSP No.: 10-14490
E-mail (w): cingaconsulting@gmail.com
Contact (w): 084 624 2003
KATHU, NC

WINTER BIRTHDAY FLOWERS AND THEIR MEANINGS

JUNE

Rose (Romance) &
Honeysuckle (Happiness)



JULY

Larkspur (Positivity and Dignity)
& Water Lily (Purity)



AUGUST

Gladiolus (Strength of Character)
& Poppy (Imagination)



GREEN STARTS AT HOME ... continue

By: Johan Hattingh

In the **2019 Volume 1** release of "The Chat" we shared ideas relating to each household's contribution to the country's electricity consumption, greener lifestyle being a mental change and humans' contribution to climate change, just to mention a few topics.

The shift in **Volume 2** was towards those "low hanging fruit" electricity saving tips that each household can easily implement for their own benefit but also contributing to the larger South African challenge.

In **Volume 3** released earlier in 2020 the focus was further shifted to "water saving".



In this release we will shift the focus to the different Methods of Waste Disposal from household trash/garbage.

Between the range and variety of items that are needed in the home and the growing amounts of trash dumped in landfill site each year, effective waste disposal is a necessity. Being aware of all the possible methods will make the task of disposing of waste much easier - not to mention, one of these methods could serve a dual purpose in your life. All of us understand the huge challenges of local authorities in managing these landfill site.

The 5 main methods of waste disposal from each household are:

1. Composting
2. Recycling
3. Reuse
4. Animal Feed
5. Firewood

We will focus on the first and easiest method applicable to all our households, "Composting".

COMPOSTING

All of us in this beautiful Estate in the heart of the Kalahari have a garden which we are proud of and would like to flourish and present our living space in a natural and environmentally friendly way. This recycling waste disposal method is so easy that all of us can implement it immediately. It is extremely exciting to share this initiative with everyone as it is so easy to implement.

Consider making use of all food waste as compost rather than discarding it. Organic materials such as fruit rind, onion peels, and shredded paper can be collected in a tub before closing the lid, leaving the material to decompose. This can then be added to the soil you use for gardening to provide nutrients, which will aid the growth and quality of your plants.

This type of waste disposal is a form of recycling if you grow fruit and vegetables. Crushed up eggshells can also be added to the compost to reduce the pests that affect your plants. For example, slugs and snails will avoid the eggshells.



I have implemented this composting initiative at my household and invite all of you to do the same. Will you do the same?

Until we "Chat" again ...



Foto: Johan Bergh

WINTER SUDOKU 2020

2		3	6	4			7	
5					7			9
		9	2					
9	4	6	7		8	2		
		7				9		
		8	9		1	6	4	7
					2	7		
6			1					5
	9			7	6	4		2



HOW TO PLAY:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it. This simply makes it easier to play the game.



Foto: Johan Bergh

TIPS ON HOW TO TAKE BETTER PHOTOS

By: Susan Myburgh

As a passionate amateur photographer I wish to share with you some of the experience and knowledge I obtained on my photographic journey.

How can I start taking better pictures?

To take any ordinary photograph you need 3 fundamental things:

1. **A subject** can be anything you choose; a landscape, a person, a building ... in fact anything that you see and want to capture an image of.
2. **Enough light** to take the photograph. Light is something we take for granted. It's all around us and is the reason we can see what is there. Light reflected from the subject is what is being used to take the photograph.
3. **A camera** is the tool you use to record your photograph with. (Cellphone, Compact or digital SLR camera)

The first step on the road to taking something even resembling a good picture is to know the camera you're about to use – its strengths, its weaknesses and its limitations. How do you use any tool skillfully? Firstly, by getting to know fully how it works, and secondly by use – that means practicing with it to develop your skill.

WHAT IS A GOOD PHOTO?

Where should one start?

Whether you're a professional or an amateur, when it comes to producing a good photograph there are three things that you must get right:

1. FOCUS

Getting your main subject in sharp focus is absolutely essential. If your photos aren't sharp, the rest doesn't matter. When you next have a chance to look at photos taken by professional photographers note how sharply in focus their main subject is. The sensor of the cellphone or camera need time to focus on the object and if you do not

hold your camera still, the photo will be out of focus and blurry. If you struggle with your phone to get focus, use your finger to move the focus point circle (on the screen of the cellphone) to a specific point to focus on. If you take a photo of a flower, rather go closer to your flower than to use the zoom function.

Sharply in focus



2. EXPOSURE (Lighting)

Getting the picture correctly exposed.

Exposure will make or break a photograph. There's no point in having the greatest shot in the world if your picture is either too dark (underexposed) to make anything out or so light (overexposed) that all the detail's been bleached out to a white blob!

The lighting in an image defines the colour, structure, texture, space, shape, form, line, and shadow. Outside we depend on nature for good lighting conditions. In addition, each season, each day, each hour and sometimes even each minute, the lighting outdoors may be different.

The best light often occurs at those times of day when you would rather be sleeping (early morning or late afternoon.) These time periods are called the "the golden hours". Unless you are willing to take advantage of early-

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Out of focus



Overexposed



TIPS ON HOW TO TAKE BETTER PHOTOS ... continue

morning or late-afternoon light, your exposures will continue to be harsh and without any real warmth. This is the result of shooting in the harsh and flat light of the midday sun. You should also take note of the colour of light. Early morning light is golden and a little bit cooler than the much more intense golden-orange light that begins to fall on the landscape an hour or so before sunset. If the light is special, shoot like crazy because it may never come again.

Underexposed



Midday – harsh and without warmth



“the golden hours”



3. COMPOSITION (composition in a photo)

Composition means the way you arrange objects to lead your viewer into your photo. It is how you line up the particular subject matter that you want to take a photograph of. In a correctly composed image you can see everything you want in your picture.

There are a number of established guidelines which are applicable to almost any photographic situation and which, if applied creatively, will improve the impact of the image. For example, the rule of thirds, lead-in lines and balance.



Hopefully these basic tips are useful to apply principles of good photography.



FROM THE DESK OF THE EDITOR

Dear Reader

When I wrote this letter in the previous edition, none of us had an idea what was laying ahead of us. During the Coronavirus lockdown we all were forced to stay home and were deprived of our freedom. This lead to introspection far us all. I want to touch on some aspects that were noticeable during the lockdown.

Corona is probably the most spoken word in the country at the moment, in fact, I think everyone is tired of hearing it, but the reality is that this virus will be with us for a long time. The uncertainty, job security, health of family and the fact that we could not visit family and friends was some of the things that we needed to cope with.

We noticed a lot of goodwill from fellow homeowners, like the blow of horns at seven in the evening in support of the medical staff. Well done to you all for participating in this. There was the reporting of stray dogs and cats on the whatsapp group, which shown alertness. It shows that we can stand together and work towards a common goal.

Unfortunately there is also the flip side of the coin, some of the tenants did not use the correct garbage

bags and this resulted in garbage being blown by the wind and spread alongside the road and in the fields.

Yes there was also that other thing that was not so nice, the Springbok that was found dead because of a shot by a light gun. That is a pity and we cannot tolerate such behaviour. Be aware and report that kind of behaviour to management.

On a more positive note, level three started in June and we look forward to level two and one so the last two months can become just a faded memory.

In this edition we thought it good to open with an article on mental health issues and how to deal with it. We trust that you will find it educational.

Suddenly we are in June and only half of the year is left. As most of us return to work, maybe in uncertainty, we trust that we all will soon find and embrace the new normal.

Until next time

WINTERTUIN (JUNIE-AUGUSTUS)


Deur: F Hattingh


“Those who sing through the summer must dance in the winter.”

Dit is n stil tyd van die jaar in die tuin. Die meeste groei het tot stilstand gekom. Dis nou die ideale tyd om 'n opname van die tuin te maak en te kyk waar verbeteringe (konstruksie) aangebring kan word. Regte tyd om motorhuis en stoorkamer reg te pak. Gaan al die tuingereedskap na, maak dit skoon, olie waar nodig en herorganiseer alles. Gaan tuinslange na en maak lekplekke heel, inspekteer al die besproeiingskoppe en pas die tydskedule van die besproeiingsprogram aan.

Wenke vir Grasperke en Beddings:


 Bemes, besproei en verwyder die dooie blomme van beddingplante en gee 'n deklaag om hulle teen die koue te beskerm. Identifiseer watter struik en plante rypdoeke moet kry en doen aankope betyds. Snoei liggies terug. In Julie kan blomme van jaarplante afgesny word en organiese bemesting kry.

 Kyk uit vir wintergras in grasperke, slakke op clivias en suring (onkruid) in die beddings of op grasperk. Grasperke word steeds gesny maar minder gereeld nat gemaak.

 Hark blare bymekaar vir komposhoop of bemestinglaag in beddings. Tel peule gereeld op. Peule wat te lank lê 'skiet' saad en mag 'n verpesting word. Onkruid op grasperke gaan nou duidelik sigbaar wees.



Verwyder soveel moontlik met die hand om verspreiding te voorkom.

 Augustus maand het gewoonlik 'n “lente-gevoel” in die lug. Goeie tyd om bome te plant met goeie komposdeklaag en goeie voeding. Struik wat nie in Julie gesnoei is nie moet nou gesnoei word. Grasperke se lentebehandeling begin nou. Die sukses van grasperke in die somer sal grootliks van hierdie behandeling afhang. Pas outomatiese besproeiingstelsel se tyd aan. Kunsmis wat stadig vrystel is ideaal. Witluis en plantluise kom nou voor op nuwe groei. Slakke is sigbaar.

Geniet jou wintertuin!



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ONS LEEF NIE OP “AUTOPILOT” NIE

Ek sê vir die Here: “U is die Here! Alle goeie dinge kry ek van U alleen.”
• Psalm 16:2 •

Wanner ‘n vliegtuig op “autopilot” is, gebeur alles vanself, gerekenariseerd en outomaties. Baie mense leef ook so. Hulle leef outomaties en onnadenkend ... Hulle ly aan ‘n toestand wat ek as “mentalpause” wil omskryf, want hulle het iewers langs die lewenspad hulle leergierigheid verloor. Hulle koppe het bevrore geraak.

Om outomaties te leef, is een van die slegste dinge wat met enigiemand kan gebeur. Hoekom sou jy kon vra? Dit beroof jou van die heel grootste geskenk wat God aan jou gegee het, naamlik ou kop. Dit beroof jou ook van die moontlikheid om vreugde op nuwe maniere te beleef. (Jou kop hou immers die sleutel tot vreugde en geluk!)

Die Here het aan jou ‘n kop in werkende toestand gegee met ‘n stoorspasie gelykstaande aan sowat 10 miljoen boeke van 1000 bladsye elk volgens een breinkenner se berekening. Ook het die Here aan jou kop die vermoë gegee om elke dag nuwe dinge te leer en te ervaar. Jou kop is rekbaar en plasties – as jy kies om dit leerbaar te hou. As jy nie aanhoudend ingryp in jou kop en toelaat dat



die Here jou denke vernuwe nie, beroof jy jouself van die voorreg om aanhoudend te groei wat jou eie verstaan van God en die lewe betref.

Om onnadenkend deur nog ‘n vergadering, nog ‘n krisis, nog ‘n byeenkoms, nog ‘n kerkdiens, nog ‘n werksdag voort te strompel, is om al die mooi nuwe dinge wat God vir jou in gedagte het, mis te loop. Kies opnuut om doelbewus meer opletterend te leef sodat jy God se genadewerke gedurig kan raaksien. Loop oop oë deur elke dag se porsie lewe saam met die Here.

Leef vreugdevol (Geleen)

2	1	4	6	7	3	5	9	8
5	3	8	4	9	1	2	7	6
6	9	7	2	8	5	1	3	4
7	4	6	1	2	9	8	5	3
3	8	9	5	6	4	7	2	1
1	5	2	8	3	7	6	4	9
4	6	1	3	5	2	9	8	7
9	2	3	7	1	8	4	6	5
8	7	5	9	4	6	3	1	2



RESULTS

**WINTER
SUDOKU 2020**

STARGAZING ON THE ESTATE

By: F Hattingh



Continuing on our stargazing safari we are focusing on the 'BIG FIVE'. Previously we've tracked down the Southern Cross and now ORION is the second constellation to track down. Orion is easily accessible between December and April but at other times of the year it is likely to be below the horizon during the evening.

FINDING ORION

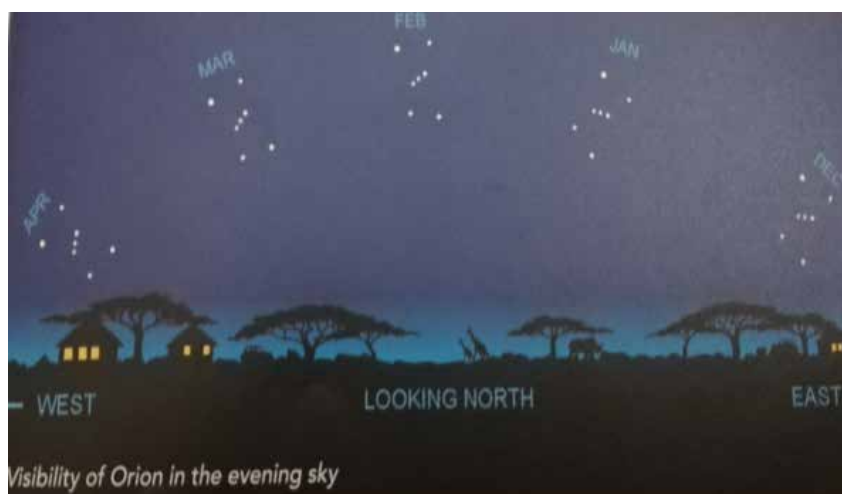
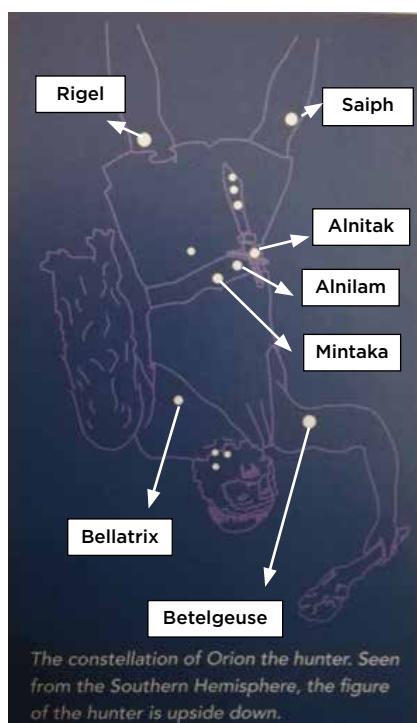
Orion is the most recognizable of all constellations. It has the brightest 'emission nebula' (glowing cloud of gas) in the sky. Its 'Belt' of three relatively bright stars, close to one another and arranged in an almost straight line, makes it easy to identify. The 'Belt' is enclosed in an irregular four-sided box of four bright stars, two of which **Rigel** and **Betelgeuse** are amongst the brightest in the sky.

Rigel is a very bright white star and is so luminous that it outshines our Sun 40 000 times. It is 773 light years away from the Earth, which means that the light that left that star back in the thirteenth century, is only reaching us now.

Betelgeuse (Beetlejuice) is 427 light years away from Earth. It is on the opposite side of the 'Belt' from **Rigel** and quite different. It is more of a reddish white colour and several hundred times the diameter of our Sun. Therefore the name: The 'swollen red giant' star.

The word "three stars", is translated to "**imPhambano**" in Zulu. Indigenous people of Southern Africa, as well as the ancient Greeks, associate this constellation with hunting! These stars in the Orion's 'Belt' are amongst the most distant stars that can be seen by the naked eye: ***Alnitak**, ***Mintaka** and ***Anilam**. Being so bright it burns fuel at a tremendous rate and by stellar standards it has a very short lifetime - less than a million years. These stars die before they can leave the 'maternity home' where they were born.

To be continued....





Happy Birthday to all our residents having their birthdays in June, July and August!

Gelukkige Verjaarsdag aan al ons inwoners wat hul verjaarsdag vier in Junie, Julie en Augustus!

NUMBERS TO REMEMBER

for Residents of Kalahari Gholf-en-Jag Landgoed

IN CASE OF A SECURITY EMERGENCY:

JWC Security	- Riaan Lourens	076 777 3698
	- Ryno Pretorius	066 205 0374
	- Beheerkamer	053 004 0203
	- OPS Medics	067 337 7768
Kathu Police		053 723 9100/20/21
Police Emergency		10111
Fire Department	- Office	053 739 7222
	- Emergency	074 123 0124
Lenmed Hospital		053 723 3231

IN CASE OF AN ENQUIRY REGARDING ELECTRICITY, WATER, SEWAGE & REFUGE REMOVAL:

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Gamagara Municipality Call Centre	053 004 0242

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Administration (Monday-Friday office hours)
083 381 1294 : admin@kalaharigholf.co.za

OTHER IMPORTANT NUMBERS:

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Izandri	083 336 9422
Fauna & Flora	- Samantha 054 338 4800
Snake Removal	- Freddie 073 090 5246
Spiders & Bugs	- Susan 083 448 9272



Please feel free to contact me, **Floris Kruger**, on **072 869 4969** or send an e-mail to **floris@kalaharigholf.co.za**.

PLEASE NOTE that any views or opinions presented in this newsletter are solely of the authors and do not necessarily represent those of Kalahari Gholf en Jag Landgoed.

REDAKSIONELE PANEEL

Floris Kruger

Freda Hattingh

Susan Myburgh