



The Chat

The Chat | 2022 Volume/Uitgawe 9

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.



NEW YEAR, NEW HOPE



Source: Listed at end of article

Don't lose hope!

Remember, today is the day that you worried about yesterday. – Victor Hugo

And here we are! A new year with new challenges. While last year is still fresh in the memory, the so-called New Year's resolutions have already died a silent death and many of us are struggling to be positive about 2022. Here are some guidelines on how to encourage not only yourself but also other people in order for them to approach the new year with new hope and courage. It is a fact that positive people are ready for new experiences and not afraid of challenges.

They embrace change and just grab the bull by the horns, because ... they believe they can!

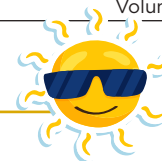
LIVE CONSCIOUSLY

Living consciously is a habit one must adopt ... to live with more awareness and attention to detail. To make time again for the important things in life, such as spending quality time with loved ones, to be quiet and take in and enjoy your surroundings, to read a book, to get creative. Get rid of that black dog that constantly bites at your heels, that anxiety that sits on your stomach, the stress that steals your joy. Sounds impossible? Easier said than done?

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NEW YEAR, NEW HOPE



Continue from p. 1

Maybe so, but it is still within our reach. We just need to put a few strategies in place. Here are some suggestions:

Start the day in the right mood (maybe just get up on the other side of the bed - so that you don't let the "wrong" foot touch the floor first.)

- Take some time during the day to clear your mind, sit down comfortably and sort out your thoughts.
- Keep a gratitude journal and list the things you are grateful for.
- Do breathing exercises, meditate, and do yoga (if you know how and are not going to get tangled up) - all advice to lower your stress levels and to feel more relaxed.

Get moving. Light exercise like walking is good for your health. As you walk, be aware of the sunlight on your skin, the smell of the plants and grass, the sounds around you. If you're fitter, you may enjoy cycling, tennis and other sports as well. The key is to enjoy it.

Slow down and do things differently.

- Grow your own vegetables and prepare meals from scratch without using fast food or ingredients from packets or cans.
- Cover your table with your best crockery, turn off the TV and enjoy the food you eat. You will be amazed at how tasty an ordinary sandwich or salad tastes if you value each bite.
- Enjoy that bubble bath.

You are not a superhero. Perhaps some are impressed by people who are able to complete multiple tasks at once, but by focusing on one task at a time, you will ensure that the task is done perfectly and on top of that, you'll feel more relaxed. Research has also shown that you'll be able to finish your task faster if you focus on just that one task at a time.

Do less. Prioritize and determine what is really important to you. A day of doing nothing isn't all that bad ... Whatever works for you.

- Take a moment to breathe consciously and anchor yourself.
- Maybe cooking or cleaning is your kind of meditation

As long as you just focus on it and do it slowly and thoroughly.

Focus only on what you can control. Worrying about things out of your control takes away your zest for life and motivation. Although you cannot control what happens to you, you can control how you react to it.

Reacquaint yourself with your emotions and feelings. Life happens and it is impossible to always feel satisfied and happy.

- Allow yourself to work through your feelings. You may feel sad, angry, disappointed, cheerful, etc. from time to time.

Establish positive thinking patterns and repeat them to yourself every day.

- Use positive words to describe yourself and your life.
- How you talk is how your life will be.

Give your full attention to others. Be there - present - when you talk to someone.

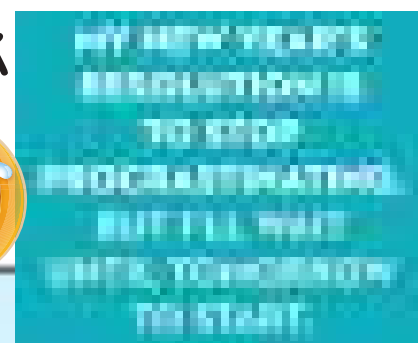
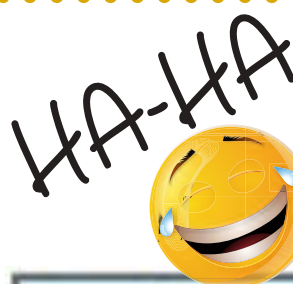
- Listen attentively and enjoy the time with the other person.

Detox from technology. Turn off that cell phone/computer, throw a cloth over the television and enjoy the simpler things, such as beautiful music or the scenery. Have actual conversations with the people around you!

Continue on p. 4



To all our homeowners and Residents who are celebrating their Birthdays in December, January and February.





FROM THE DESK OF THE EDITOR



By: Floris Kruger

Dear reader,

When this edition is published, January will probably be done and dusted. Please allow me to wish all of you a very prosperous year with the emphasis on good health.

As I write this, it suddenly dawns on me that this is our 9th edition of *The Chat*, it was, and still is, such a privilege to be part of the establishment and still be part of this newsletter of the Estate. We always try to cover relevant topics and make it for you, our readers/residents a pleasant experience.

There is a saying that bad things also happen to good people. What makes this relevant, is although we stay in an Estate with security, we still need to be alert on what's going on around us and by doing so, look out for each other.

In life, I've learned that the easiest thing and normal reaction is to criticise when something bad happens. It is much more difficult to rather keep to positive thinking and also perhaps bring new ideas and solutions to the table for consideration when there is a problem or incident. Maybe

we should make this our slogan for this year:

BE AWARE AND VIGILANT!

On a more positive note:

- There were many building activities last year and if my assumptions are correct, this year will not be different.
- A few roads were paved, and the gravel roads will also get attention soon.
- We installed the new ARKE system to make it easier for you as residents.
- Our perimeter protections were not once penetrated from the outside during 2021 which is a very good and positive outcome.
- We are in the planning phase of a recreational area for our kids and will give feedback as we proceed with this process. Ideas are always welcome for future planning.

These are good and positive things that we need to cherish and build on as we embark on this journey into the future. As most of us return to work, and schools reopen, maybe in uncertainty, we trust that all will find peace of mind as we embrace this year.

Until next time ...

NEW YEAR, NEW HOPE



Continue from p. 2

Be creative every day. Whether it's writing, painting, sewing, photography or woodwork - do something you love, because it contributes to awareness and, on top of that, you learn a new skill.

In short: Take care of your well-being. Live in the moment and take control of your life again.

MENTAL HEALTH

Emotional well-being and mental health go hand in hand. Mental health is characterized by the courage to deal with life's ups and downs in a positive manner.

However, we are not all alike, nor do we deal with life's spin balls in the same way. And that's okay. As long as you take care of your own mental health and ask for help if you feel you are not recovering on your own.

Some practical tips:

- Talk about it and let your feelings be known. You don't have to share everything with everyone, but find someone you trust and share your feelings with him/her. Even if that person doesn't say anything and merely listens, it often makes one feel lighter and happier.

- Be active. A healthy body houses a healthy mind.
- Live healthy. Eat well, drink plenty of water, and get enough sleep / rest. It's actually quite simple.
- You are not an island. We are all a part of a much larger community, so reach out and connect with others. Feeling loved can do wonders for the soul. Feeling that you mean something to someone else gives you a sense of meaning in life and contributes to your own mental well-being.

In short, it is important to remember that you are not the only one feeling discouraged, but at the same time you cannot rely on others to make you feel better. You're the only one who can do something about it. You may need a counsellor or life coach to help you organize your life - whatever it is, take the first step and live in the moment by focusing on the present.

Sources:

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<https://www.rooirose.co.za/10-maniere-om-positief-te-bly/>
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A HEALTHY CHILD IS A HAPPY CHILD

By: Lizelle du Plessis; Castle Phase Head

It is important to focus on the developmental stages of the child and take their cognitive developmental stages into account. When your child is healthy, it will be easier for them to reach their developmental stages. You can do this by having fun. By portraying a serious health message into a fun and creative manner, enables the child to remember key issues. You can also implement a reward system that will promote engagement into healthy habits.

At Curro Castle Kathu our registered nurse Sr. Yolanda



Poolman promotes health on a daily basis with our little ones by visiting the classes and also engaging with the parents and teachers on a weekly basis. We as educators encourage parents to teach their children healthy habits. Small healthy habits add up and result into a better quality of life. A healthy body promotes a healthy mind.

‘N NAVOLGER VAN CHRISTUS

Deur: Pastoor Allan Bam; Volle Evangelie Kerk, Kathu

Baie gelowiges gebruik die teks in die Bybel wat ons vind in Eksodus 33:15 wat sê: “**Toe sê hy (Moses) vir Hom (God): as U nie self meegaan nie, laat ons dan nie hiervandaan optrek nie**” as vertrekpunt wanneer ons ons afhanklikheid van die Here teenoor Hom, en andere uitspreek. Om so ‘n verklaring te maak, is uit die aard van die saak uiters belangrik en noodsaaklik as ons graag suksesvol deur die lewe wil gaan, maar ... wat ewe belangrik is in hierdie geval, is dat ons behoorlik sal verstaan wat die implikasie daarvan is.

In die **eerste plek** is dit belangrik om te besef dat om die Here se teenwoordigheid in ons lewens te verlang, beteken NIE dat HY saam met ONS moet gaan nie, maar eerder ONS wat saam met HOM moet gaan. Die bewys van so ‘n stelling vind ons deurgaans in die Woord waar die Here sê: “... volg MY”. Dit kom dus kortliks daarop neer dat ons nie maar kan gaan en doen wat ons wil (m.a.w. plekke en dinge wat in teenstryd is met God se wil) en maar net aanneem dat Hy daar vir ons sal wees nie – die Here sal moeilik gevind word op plekke en in omstandighede waar Hy nie welkom voel nie. Daarom is dit dus van kardinale belang dat voor ons iets doen of êrens heen gaan, die Here se wil EERS gesoek word deur HOM te volg waar HY ook al heen stuur, in plaas dat ons stuur en verwag dat Hy moet volg.

Tweedens is dit belangrik om te weet dat om ‘n ware navorger van Christus te wees sekere vereistes stel. Dit lees ons in Lukas 9:57-62, naamlik dat daardie pad NIE altyd ‘n pad van maanskyn en rose is NIE, dat om Hom te volg NIE uitgestel kan word NIE aangesien “môre” vir niemand belowe word nie, en dat om Hom te volg beteken dat jy dit met onverdeelde aandag moet doen, m.a.w. GEEN persoonlike agenda mag ‘n invloed hê op die wyse wat jy Hom gehoorsaam volg nie.

En **derdens**, in die laaste plek, is dit belangrik vir ons om te weet, en te verstaan, dat as ek HOM waaragtig wil volg, ek NOOIT vir Hom ‘n “spaarwiel” posisie sal gee nie,



maar ALTYD ‘n “stuurwiel” posisie. Ek kan Hom nie net wil aanroep, soos ‘n insleepdiens, om ‘n wrakstuk êrens langs die pad te gaan haal wanneer ek in die knyp sit nie ... Galasiërs 6 leer ons dat God Hom nie laat bespot nie.

Kom ons moedig mekaar, en onself, voortdurend aan om altyddeur ‘n ware navorger van Christus te wees. Sodoende sal ons Hom volg, Hy sal dus altyd by ons wees, en dan kan enige iets maar oor ons pad kom. Ons sal in staat wees om dit te hanteer, want Hy is Emmanuel – God met ons.

PRYS SY NAAM!

FROM BEGINNER TO 5K IN JUST 6 WEEKS

By: *Runner's World*

New to running and want to build up to 5K? Follow this beginner's schedule

Training towards a 5k is a great goal for beginner runners. Now that *Parkrun* – the free weekly 5k – is available in parks across the country, it's never been easier to test yourself over the distance in a welcoming, inclusive environment. This schedule has been designed to get you round your first 5k. It will take six weeks, starting with short run/walks.

Is it normal to feel pain during running?

Some discomfort is normal when you start training, but real pain isn't normal. If something feels so bad that you have to run with a limp or otherwise alter your stride, you're probably injured. Stop running immediately, and take a few days off. If you're not

sure, try walking for a minute or two to see if the discomfort disappears. If it doesn't disappear, consult your GP. Contrary to what some people suggest, you cannot "run off" an injury.

What running shoes are best for beginners?

If you're new to running, the chances are you'll be looking to invest in a pair of running shoes that will get you moving (no, those old Converse won't do). The key consideration here is comfort; save the carbon-fibre shoes for when you're further along your running journey.

On race day:

You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly and don't wait until you are exhausted before taking some one-minute walk breaks.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	5K Race!

TERUG HOK TOE!

Deur: *Eernalize du Toit*

Onthou jy nog daardie gevoel ná 'n lang en sorgvrye somervakansie? Terug skool toe met blinknuwe skoene wat skaaf en 'n oorgroot tas op die rug. Nuwe klasmaats, nuwe onderwysers en nuwe dinge om te leer. Dalk skep dit by jou 'n gevoel van opwinding en afgagting. Of dalk vervul dit jou met afgryse en 'n onsigbare hand wat jou keel toedruk. 'n Klasmaat van my het in graad 1 vasgeskop en met sy hande weerskante van die klas se deure gaan vasgryp, niemand en niks sou hom dwing om daardie onbekende wêreld te betree nie.

Daar is oral nuwe fases: nuut en verward in graad 1, graad 8 of as eerstejaar. Of nek van die plek met onblusbare selfvertroue en niemand-kan-my-iets-leer-nie in graad 7 en 12. Net om maar weer oor te begin as groentjie. Onthou jy nog jou eerste werksplek? Of ná jare in 'n veilige en

bekende pos die nuwe werksplek waar jy moes aanpas en voorgee dat jy alles weet en in beheer is?

'n Mens het dikwels soveel hoop en verwagting vir 'n nuwe jaar. Asof alles gaan verander wanneer die klok twaalfuur slaan op 31 Desember. Op sosiale media vlieg grappies rond dat niemand asseblief 2022 as "hulle" jaar moet opeis nie. Loop eerder saggies binne en moet aan niks raak nie ...

Iemand anders skryf: Al wat ek doen, is werk en slaap, maar ek het nooit geld nie en is altyd moeg. Mag dit hierdie jaar nié waar wees van jou nie. Maak tyd om te lag en eenvoudige dinge te doen. Koffie op die stoep, tone in die Kalahari-reën se plas, saam met jou gesin of vriende om 'n legkaart of op die naat van jou rug terwyl julle wolke of sterre kyk. Soms het 'n mens in 'n gespanne en altyd gejaagde grootmenswêreld weer nodig om

soos kinders te word. Wanneer laas het iemand vir jou gevra wat jou gunsteling dinosaurus is? Wanneer laas het jy al gillend deur die spoeiers gehardloop of 'n "huis" met komberse gebou?

'n Vriendin vertel as haar niggies en neefs vir hul ma gesê het: "Mamma, ek is bang", het hul ma hulle bemoedigend deur te sê: "Doen dit dan bang, maar doen dit net." Tot 'n mate is almal bang en onseker. Party steek dit net beter weg as ander. Moenie bang wees vir 2022 nie. Skep moed. Almal was eens op 'n tyd die nuweling. Leef in die oomblik en koester elke nuwe fase. As jy nie 'n helpende hand het wanneer jy 'n nuwe fase betree nie, kan jy altyd die ondersteunende hand wees.

Haal diep asem. Die klok het gelui, sien jou daar!



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HOME IS OUR STORY

Spectacular architectural masterpiece with exceptional views.

This exquisitely crafted 680 sqm North facing double story home is perfectly positioned in the centre of the Kalahari Golf and Jag Estate in Kathu.

This architecturally designed house by local architects "Worx Architects" offers the finest fixtures and fittings, commanding breathtaking unobstructed views of the north, east and west side of the golf course. A lifestyle of relaxed refinement, rare luxury, and is perfectly suited for both formal and informal entertaining. This property boasts with entertainment levels with multiple lounges and dining option.

Borehole, 8 line camera system, water softener, 11 line automatic irrigation system, 2 pressure pumps and tanks, reverse osmosis system, Smartgen automatic industrial generator, electric gates, double garage, storage, outside toilet and gas connections.

Only pre-approved buyers will be considered.

PRICE ON APPLICATION

Listed by:

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Seeff

PET RULES ON KALAHARI GHOLF EN JAG LANDGOED

1. PETS – ONLY DOGS MAY BE KEPT ON THE ESTATE

- 1.1 Each household may only keep one dog on the property (see further below for requirements to keep two dogs).
- 1.2 A list of dogs allowed on the property, including a summary of normal behaviour can be obtained from the Admin office. Should a dog not be indicated on the list, an application may be submitted for approval/rejection prior to bringing the dog on the Estate.
- 1.3 Under no circumstances may cats, poultry, cattle or alike be kept on the property. Birds may be kept indoors in a cage.
- 1.4 Stray cats may under no circumstances be fed or cared for on the Estate by any person.

2. APPLICATION FOR PERMIT

- 2.1 Should an owner wish to keep a dog, the owner of the dog must apply for a permit from the Estate Manager **prior** to bringing the dog onto the Estate.
- 2.2 In the event that such application is approved, the dog must be registered and an annual licence fee of R500.00 per annum must be paid at registration.
- 2.3 Licences must be renewed and approved annually by January of each year.
- 2.4 Should a tenant wish to keep a dog, a written approval from the homeowner must accompany the tenant's application.
- 2.5 The onus rests with the homeowner to inform the property agents and potential tenants regarding these pet rules and application for approval prior to occupation of the property.
- 2.6 A fine shall be imposed on the homeowners and will be liable for payment of fines in the event of any transgression of these rules by themselves, their tenants or any other party occupying or visiting the home.

3. REQUIREMENTS AND TRANSGRESSIONS

- 3.1 All dogs must be inoculated against rabies and any other diseases and proof thereof must be produced at any time when requested by the Estate Office. Dogs with infectious diseases are not permitted to be kept by anyone.
- 3.2 Every dog must wear a collar and nameplate indicating the owner's telephone number and address on the Estate.
- 3.3 In the event that a dog is noticed on the Estate without a collar and nameplate, and no-one is able to identify whose dog it is, the dog shall be seen to be a stray and shall be summarily removed from the Estate. Independent third parties shall be contracted to attend to the removal of the dog/s. In the event that the owner of the dog is identified, or the dog is brought back to the Estate, a fine in accordance with the Fines List shall be levied against the **relevant homeowner**.
- 3.4 In the event that a dog with a collar and nameplate is noticed roaming around on the Estate without supervision and/or control, the owner shall be contacted to immediately, under supervision and control, take his dog to his property.
- 3.5 When owners walk their dogs on the Estate, the dog shall be on a leash and be kept under control by the owner at all times. Owners may **under no circumstances** walk their dogs **on the golf course and hiking trails** except on sidewalks next to paved roads on the Estate. Due to game/wildlife roaming about on the Estate, dogs may **under no circumstances**, even under supervision of the owner, be allowed to run freely in open spaces, hiking trails or in the field. Walking dogs shall only be permissible on the main roads and the onus is on the owner to remove any dog waste – nothing should be left on or next to roads. No person will be permitted to allow their dog under his control and supervision, to scare or attack any person, animal or bird.

3.6 Owners must ensure that their dogs do not attack, traumatize or harass other dogs, game, cyclists, hikers, joggers or pedestrians.

3.7 In the event that dogs bark at people and/or other animals, the onus rests with the owner to silence the dog and/or to take the dog indoors in order to prevent a nuisance to other tenants.

3.8 In the event that dogs cause a nuisance to tenants, or disturb the peace of neighbours or co-owners during the day or night, fines in accordance with the Fines List shall be levied against the relevant homeowners.

3.9 It is recommended that dog owners act preventatively and that consideration be given to the acquiring of microchips, sensors and nuisance control. For information on nuisance control see the following



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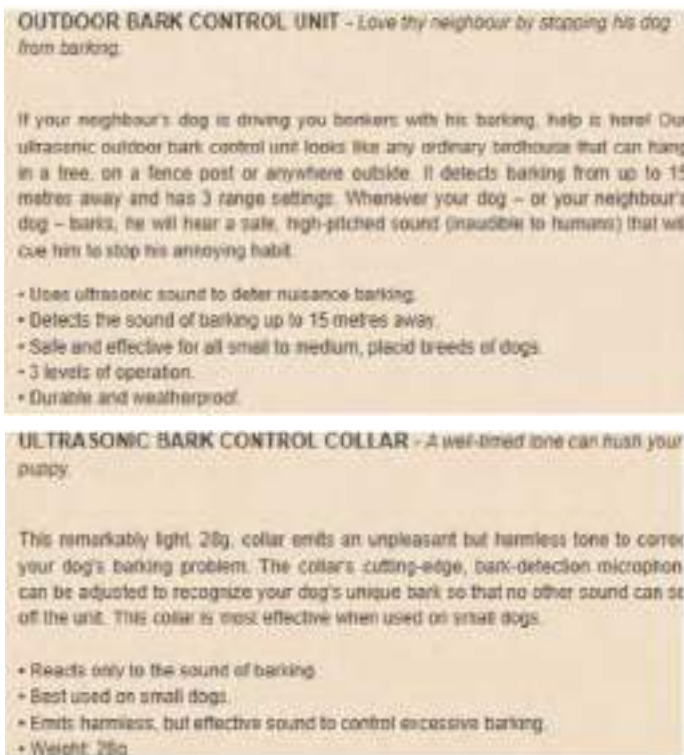
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PET RULES ON KALAHARI GHOLF EN JAG LANDGOED

webpage: <http://www.petsystems.co.za/barkcontrol/barkcontrol.html>.



4. DEALING WITH COMPLAINTS AND IMPOSING OF FINES

- 4.1 A register shall be kept at the Estate Office for the purpose of recording complaints. Any complaints must be reported in writing to the Estate Manager/Security Manager – such written complaint must indicate for example time, date and address where the nuisance occurred.
- 4.2 On receipt of such written complaint, the Estate Manager/Security Manager shall investigate the matter and the relevant details will be recorded in the register.
- 4.3 Where deemed necessary, the Estate Office shall issue warnings and/or fines as set out in the Rules and Fines List and the Estate Manager/Security Manager shall record it in the register.
- 4.4 In the event of any transgression of these Pet Rules, a fine according to the Fines List shall be imposed against the homeowner where the dog is kept, as well as any costs involved in case of removal of a dog. The fine shall be levied at the end of

the month in which the transgressions took place, and shall be added to the standard monthly homeowners association levies.

- 4.5 In the event that a dog, whose owner can be identified, is found outside a property for a **third** time without supervision or control, the owner shall be requested to remove the dog PERMANENTLY from the Estate within 7 days of the offence. Should the owner fail to remove the dog within such a 7-day period, a fine of R1 000 per week shall be imposed on the **homeowner** for each week that the owner fails to remove the dog from the Estate.

TRANSGRESSION OF PARAGRAPHS 1, 2, 3.1 AND 3.3:

Fine - Remove dog, cat or any other animal within 7 days, or summarily from the Estate in the event of 3.1 and 3.3. The homeowner is liable for the R1 000 fine plus all costs incurred in the removal of the dog.

Feeding and/or caring of cats – R1 000 for each transgression.

TRANSGRESSION OF PARAGRAPHS 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8 AND 4.5, together or separate:

Fine - 1st Transgression : Written warning
 2nd Transgression : R1 000 fine
 3rd Transgression : Remove dog from Estate plus R1 000 fine per week in the event that the owner fails to remove dog.

Only these type of dog breeds are allowed in pairs. Not more than two of these dogs per household.

- Chihuahua
- Teacup Yorkshire Terriers
- Toy Pom
- Dachshund



FINES FOR DOGS

Offence	1 st Offence	2 nd Offence	3 rd Offence	4 th Offence	OTHER
Dog not on leash and/or disturbing the wildlife or damaging the Golf Course - Escalating	Written warning	R500	R1 000	Immediate removal of dog from the Estate	
Dogs not tagged with owner's identity details	Written warning	R500	R1 000	Immediate removal of dog from the Estate	Proof must be provided within 7 days of written warning that the dog was tagged with the owner's identity details.
Dog unattended for a period and disturbing residents	Written warning	R1 000 per incident		Immediate removal of dog from the Estate	Fines up to R10 000 can be given.
No valid pet application	R1 000 per incident				Must apply within one month or remove pet from Estate.
Licence Fees not paid on time	R1 000 per dog per incident				Licence fees included.

DOGS ATTACKING ANYONE ON THE ESTATE – IMMEDIATE REMOVAL AND SUSPENSION OF DOG PERMIT: IT CAN LEAD TO A CRIMINAL OFFENCE.



NO MATTER HOW CLEVER ...



There were four friends who hated studying. They partied all night before their exams and planned to skip the test by lying to the professor. So they

went to the dean and told him that they had been to a wedding the previous night and on their way back, they had a flat tyre. They continued to say that they had to push the car all the way back, as they didn't have a spare tyre and hence, were not in a position to write the exam.

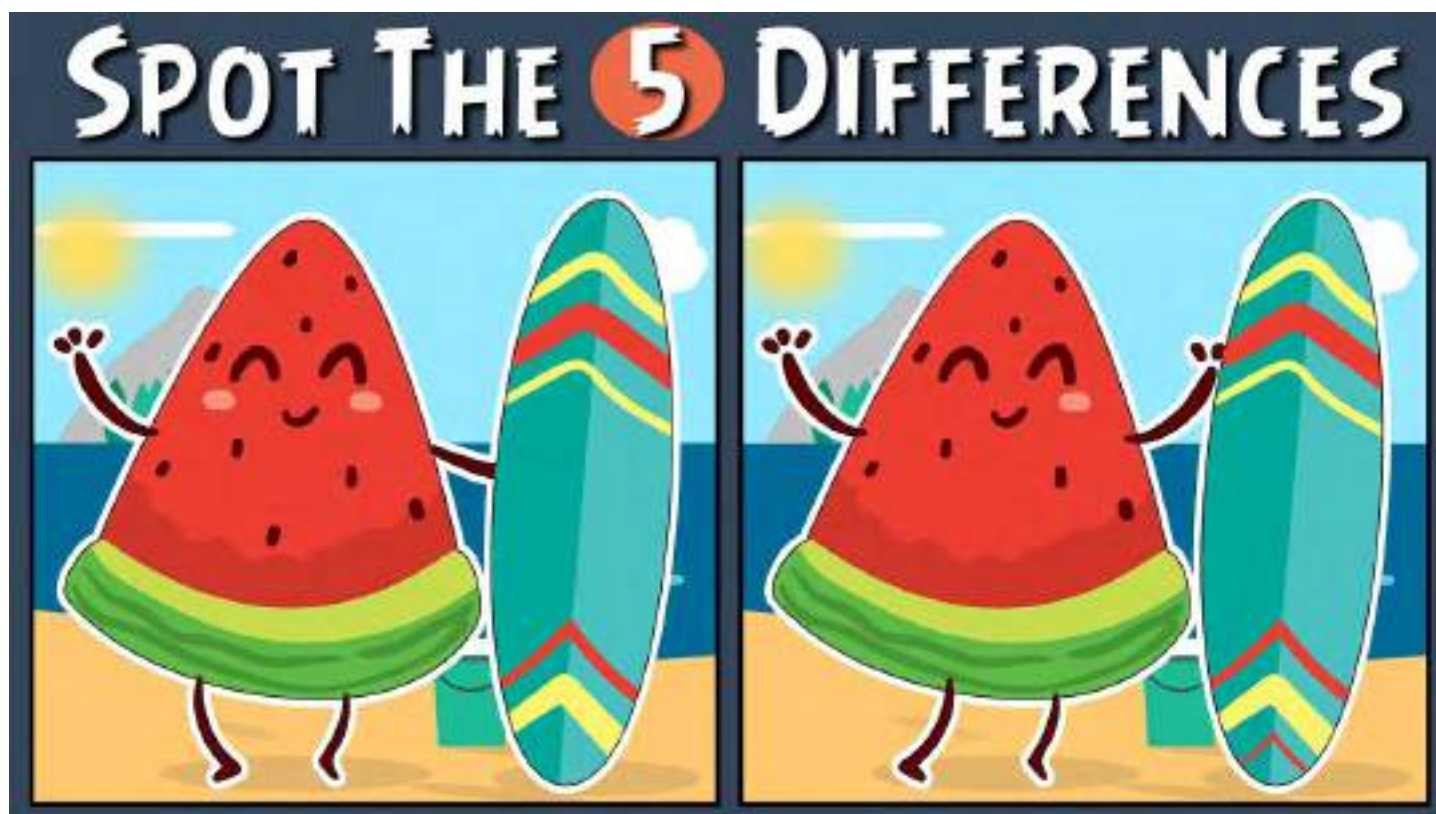
The dean listened and agreed to let them take the test on a later date. Happy that they got a second chance, the four friends studied hard and

were ready for the exam. On exam day, the dean asked the students to sit in separate classrooms, which the students agreed to.

The examination paper had only two questions, for a total of 100 marks. The questions were thus:

1. Your name:
2. Which tyre of the car burst:
 - a) Front left
 - b) Front right
 - c) Rear left
 - d) Rear right

FUN FOR KIDS!



BLY KALM EN VREET SLAAI!

Deur: Cindy Viljoen, Dieetkundige

Januarie is altyd 'n maand van nuwe voornemens. Almal van ons het weer nuwe moed om leefstylveranderinge aan te pak en ons lewe in orde te kry. Ek kry dus baie die vraag: "Wat is die beste manier om gewig te verloor?"

Wanneer ek soggens my kinders by die skool gaan aflaai, is daar meer as een roete wat ek kan volg om van my huis tot by die skool te kom. Net so is daar ook meer as een gesonde eetplan om by jou doel uit te kom. Die geheim is net om getrou te bly by die roete wat jy gekies het. As jy nie weet wat jou opsies is nie, of as jy wonder watter dieet die beste vir jou sal wees, kan jy altyd 'n afspraak by 'n dieetkundige maak.

In 'n neutdop is my idee van 'n gesonde dieet, een wat ryk is aan vars produkte (groente en vrugte en alles wat groei), en dus min tot geen geprosesseerde items bevat (soos meel en suiker en alles wat uit 'n fabriek kom). Ons behoort water te drink wanneer ons dors is (ipv koeldrank of energiedrankies), en ons liggaam benodig daaglikse oefening. Voldoende slaap kan nie genoeg beklemtoon word nie, en selfs jou emosionele welstand speel 'n groot rol in die handhawing van 'n gesonde liggaamsmassa.

Ek dink dat die meeste van ons se probleem nie lê by 'n gebrek aan kennis (wat 'n gesonde leefstyl is) nie, maar wel 'n gebrek aan motivering en selfdisipline. Wanneer jy dus 'n nuwe eetplan of oefenprogram aanpak, is dit belangrik dat jy eerstens die stryd in jou kop wen. Dit help om 'n goeie

ondersteuningsbasis te hê asook mense wat jou verantwoordbaar hou.

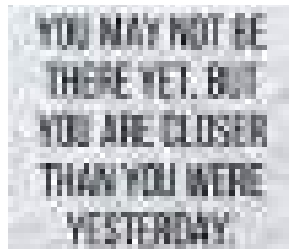
Daar is baie goeie inligting beskikbaar wat jou kan bemagtig om slegte gewoontes te verbreek. Moet nie net halsoorkop in 'n dieet inspring voordat jy heeltemal gereed is daarvoor nie. Wanneer jy dan faal, lei dit net tot skaamte en 'n gevoel van mislukking, wat in baie gevalle weer aanleiding gee tot emosionele eet.

Ek salueer elkeen wat bereid is om te verander en beter keuses te maak. Mag jy in hierdie jaar al jou doelwitte bereik met die regte ondersteuning. Ek sluit af met hierdie aanhaling:

"Consistency is the only currency that matters."



Cindy Viljoen, Dieetkundige
T: 072 329 0322



NUMBERS TO REMEMBER

for Residents of Kalahari Golf en Jag Landgoed

IN CASE OF A SECURITY EMERGENCY:

JWC Security

- Riaan Lourens 076 777 3698
- Ryno Pretorius 066 205 0374
- Control Room 072 486 3471
- OPS Medics 064 553 7988

Kathu Police

Police Emergency 053 723 9100/20/21

Fire Department

- Office 053 739 7222
- Emergency 074 123 0124
Lenmed Hospital 053 723 3231

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

Gamagara Municipality Office

053 723 6000

Gamagara Municipality Call Centre

053 004 0242 (Get reference number)

ESTATE OFFICE:

Admin Officer: 083 381 1294

admin@kalaharigholf.co.za

Estate Manager: 073 766 8306

manager@kalaharigholf.co.za

OTHER IMPORTANT NUMBERS:

Animal Welfare of Kathu

Marietjie 083 942 9658
Izandri 083 336 9422

Snake Removal

Freddie Ackerman 073 090 5246

Spiders & Bugs

Susan Myburgh 083 448 9272

Forestry

Jacky 082 808 2737

Proshop

Sishen Golf Proshop 053 050 5727
(Option 2)



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 Golf en Jag Landgoed.

REDAKSIONELE PANEEL

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Elaine Besselaar