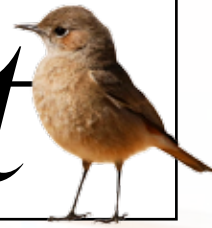


The Chat



The Chat | 2022 Volume/Uitgawe 10

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.

Winter 2022

WHY WE LOVE WINTER IN SOUTH AFRICA

("Sho't Left" is derived from everyday South African "taxi lingo". A commuter wanting a ride to a destination close by will say "Sho't left, drive" – meaning, I want to jump off just around the corner. Affordable local travel.)

Winter has officially hit South Africa, and instead of taking the moody route we've decided to fall in love with our South African winters. Why do you ask? Well there are just so many things to do and see when the temperature drops. So take a Sho't Left, grab your scarves and gloves and find out what SA has to offer during these chilly months.

The varied SA weather

Our many provinces offer a variety of winter temperatures to choose from. Durban, with its year-round humidity has the warmest winter weather in SA, thanks to the warm waters of the Indian Ocean on the East Coast which ensure that Durban enjoys perfect weather all year-round. Cape Town offers a cooler type of winter, and with potential snow on the Ceres Mountains a winter coat is a must! Johannesburg gives you the perfect blend of clear sunny days, with a crisp chill in the air which makes for perfect weather to explore.

Food for the soul

Winter is just another reason to enjoy wholesome South African food, food that brings back memories and creates lasting new ones. With the variety of excellent food South Africa has to offer you won't be concerned about putting on a few kg's during your winter travels. A hearty lamb potjie, bobotie, bunny chow or pap & vleis are some of most comforting foods to enjoy if you

really want a true South African winter meal. So go on and take a soulful Sho't Left to experience cuisine that's unique to our rainbow nation.

Whale of a time

If you are keen to stay close to the coastline then Hermanus, a small town southeast of Cape Town in the Western Cape, offers another reason to fall in love with our winters, with the opportunity to witness the whale migration. These magnificent creatures begin coming through Hermanus in July, but the best time for viewing is August. Take in the crisp winter sea breeze and get your binoculars ready to witness this unique force of nature.

The flower route

Who would think that the best time to view flowers would be in winter? Well in Namaqualand it sure is. During the months of July - October the wild flowers are in full bloom in the Namaqualand that stretches across the West Coast. This spectacle offers incredible photo-ops and a look into the fascinating flora of the Western Cape.

continue on p.2



continue from p.1

Snow struck

Snow is not a common occurrence in South Africa, but when it does snow it's spectacular. You can experience your very own winter wonderland in a few places where the blankets of white come to lay during winter. We suggest heading to Matroosberg in the Western Cape, where you will find the beautiful Ceres Mountains caked in white, or journeying to the snow-capped peaks of the Drakensberg Mountains in KwaZulu-Natal.

Game viewing

Game viewing in South Africa during winter is a breeze, and a fantastic time to head to the bush. The temperature makes for cooler game drives, and the thinner bush allows for easier game viewing. You may even get the opportunity to see more animals, as they tend to spend a lot more time together around rivers and waterholes during the colder months.

Sardine run

The East Coast is magical during winter time, and the annual Sardine run that occurs between May - July across the Eastern Cape and KwaZulu-Natal coastline adds to the magic. During the sardine run you are likely to witness an incredible spectacle of birds, dolphins and other sea life that come together to feed off the greatest shoal on earth, consisting of millions of sardines as they travel upward in the warm water of the Indian Ocean on the East Coast.

There are many reasons to take a Sho't Left & love winter in South Africa. This spectacular country holds incredible experiences and adventures; from the delicious food to the extraordinary wildlife and the beautiful landscape, South Africa's best time of year... is ALL year.

Source: <https://www.southafrica.net/za/en/travell/article/why-we-love-winter-in-south-africa>



It is also unhealthy to drink a hand full of "supplements" and not eat healthy - there is a lot of studies that shows that supplements can not replace our nutritional needs like a healthy diet does. Take a good probiotic regularly - your gut bacteria directly affect your bodies ability to fend off infections.

Exercise is also a mayor immune booster -when you exercise your heart beats faster, your veins are cleaner, you work off the extra calories which can lead to obesity and with obesity you open the door for a whole tin of chronic diseases that affects your immunity are opened. So, exercise is a short- and longterm immune builder.

Sleeping enough means at least 7 - 8 hours of sleep each night - this ensures your brain to reboot, and very important - your body repairs itself during sleeping. If you suspect that you do not sleep enough or have sleep apnea - contact your dr/clinic immediately for tests to be done.

Dial back on stress - unchecked stress, anxiety and worry has a negative effect on our immunities, it leads to imbalances in hormones, gut flora, mental health issues and eventually inflicting damage to the body and your immunity.

Last but not the least - keep good hygiene - like our grandparents did - wash your hands before and after any type of risky exposure like touching publicly used doors, knobs ect, before and after using bathroom, before preparing food and also washing food properly.

Start today, start with that first brick - lay a good foundation for yourself and your family to have a strong immunity for any kind of germstorm.

A FEW TIPS TO BUILDING A HEALTHY IMMUNITY

By Toekie Schoeman

Building a healthy immune system is a very complex process - almost like building a wall - all the bricks and mortar needs to be in place for a strong wall that can withstand a storm.

Unfortunately there is no magic formula to boost your immune system - it starts with basics and this principals needs to be followed constantly.

Eat healthy, get enough sleep, avoid stress, exercise regularly and wash your hands regularly. It sounds so easy - but boy oh boy - it is tricky sometimes!

Let's start with heathly eating -when you choose meals - try to eat a variety of colourful foods, organic and lean protein if possible. Also avoid too many starches - if you do eat starch - make it low GI and high in fibre. Avoid food that comes out of a box - this is all processed foods, this food's nutritional value is almost zero. Drink 6 - 8 glasses of water per day.

WASHING HANDS

PROBIOTICS

8 HOURS SLEEP

EXERCISE

LESS STRESS

VARIETY OF FOODS

LEAN PROTEIN

LOW GI CARBS

6-8 GLASSES WATER

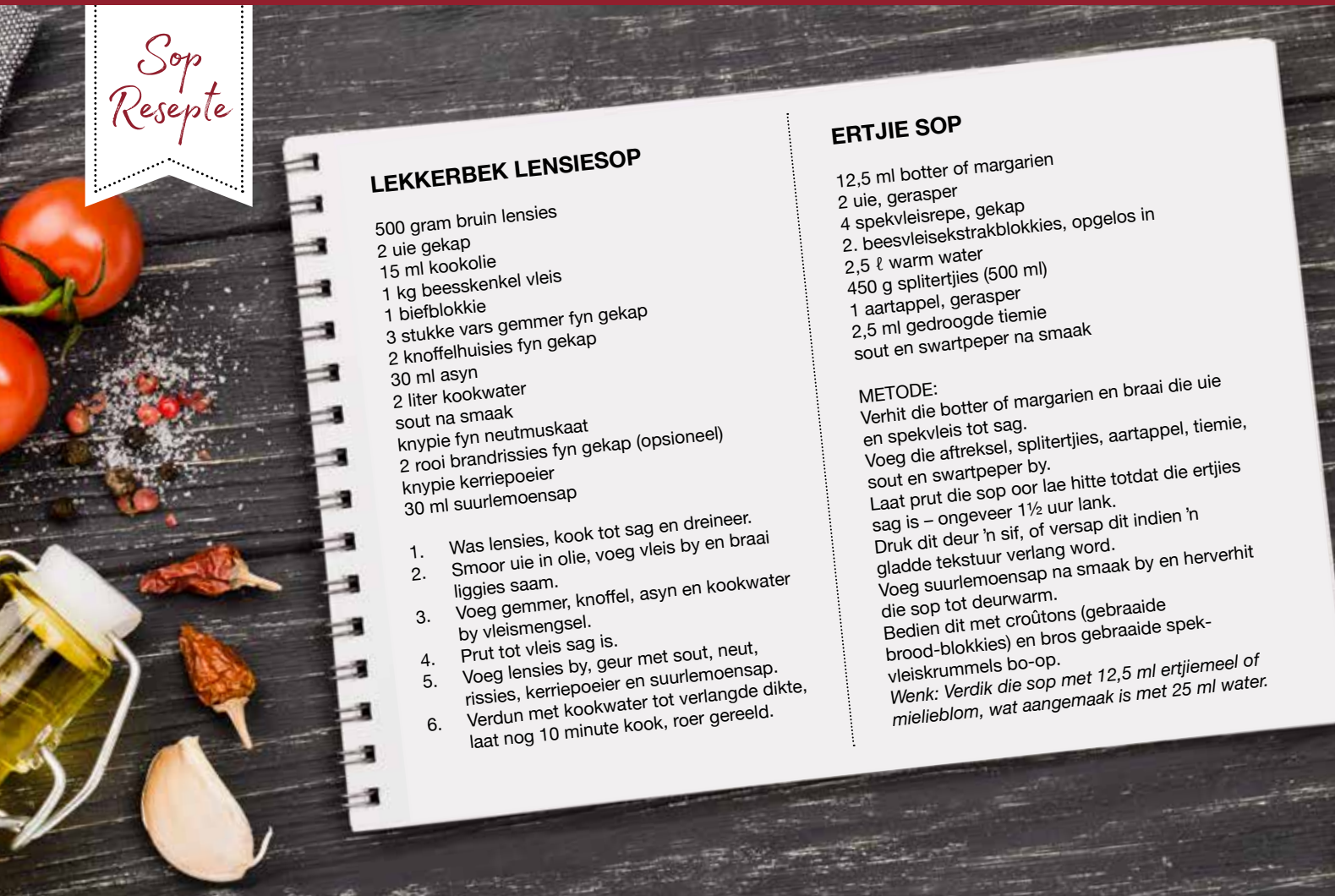
B

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Sop
Resepte

LEKKERBEK LENSIESOP

500 gram bruin lensies
2 uie gekap
15 ml kookolie
1 kg beesskenkel vleis
1 biefblokkie
3 stukke vars gemmer fyn gekap
2 knoffelhuisies fyn gekap
30 ml asyn
2 liter kookwater
sout na smaak
knypie fyn neutmuskaat
2 rooi brandrissies fyn gekap (opsioneel)
knypie kerriepoeier
30 ml suurlemoensap

1. Was lensies, kook tot sag en dreineer.
2. Smoor uie in olie, voeg vleis by en braai liggies saam.
3. Voeg gemmer, knoffel, asyn en kookwater by vleismengsel.
4. Prut tot vleis sag is.
5. Voeg lensies by, geur met sout, neut, rissies, kerriepoeier en suurlemoensap.
6. Verdun met kookwater tot verlangde dikte, laat nog 10 minute kook, roer gereeld.

ERTJIE SOP

12,5 ml botter of margarien
2 uie, gerasper
4 spekvleisrepe, gekap
2. beesvleisekstrablokkies, opgelos in
2,5 l warm water
450 g splitertjies (500 ml)
1 aartappel, gerasper
2,5 ml gedroogde tiemie
sout en swartpeper na smaak

METODE:

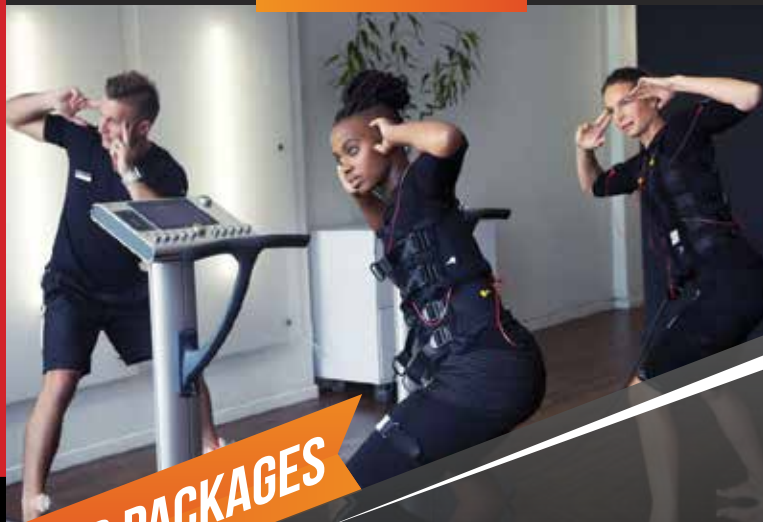
Verhit die botter of margarien en braai die uie en spekvleis tot sag.
Voeg die aftreksel, splitertjies, aartappel, tiemie, sout en swartpeper by.
Laat prut die sop oor lae hitte totdat die ertjies sag is - ongeveer 1½ uur lank.
Druk dit deur 'n sif, of versap dit indien 'n gladde tekstuur verlang word.
Voeg suurlemoensap na smaak by en herverhit die sop tot deurwarm.
Bedien dit met croûtons (gebraaide brood-blokkies) en bros gebraaide spek-vleiskrumsels bo-op.
Wenk: Verdik die sop met 12,5 ml ertjiemeel of mielieblom, wat aangemaak is met 25 ml water.

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EMS Kathu

Electronic Body Stimulation



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(one session per week) Bookings essential.

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SHORT-TERM PAIN FOR LONG-TERM GAIN

Have you ever been sent somewhere you don't want to go? Maybe you've had to see a surgeon after your GP determined that your appendix needs to be removed. Maybe you have to see a dentist after you realize your wisdom teeth need to go. Maybe you've even been sent to the gym to get into shape. All of these directions lead to short-term pain for long-term gain. None of these directions excite us but we know that they are in our best interest. The Holy Spirit also leads us in certain directions. It leads us where God wants us to go for our eternal benefit. At times, the immediate impact on us may be trying, testing or painful.

We read in Romans 5:3-5 that the Holy Spirit led Jesus into a time of trial and testing. He was led into the wilderness. Christ was strengthened as the Holy Spirit filled Him with the Father's love and power to resist satan.

Has the Spirit ever led you somewhere you didn't want to go? Into the wilderness? To experience the Holy Spirit. To truly experience it, we must go where He leads you. At times the Spirit leads us through a wilderness so that we learn to depend solely on Him. When we are tested in the short term its always for the long-term benefit. How desperate are your for the Holy spirit? How desperate are you for God's will?

To be led by the Spirit we need to follow Christ. To truly follow Him, wherever He may lead. We hold on to short-term joy and happiness. We search for instant gratification. By holding on to that we miss out on the long-term joy God has planned. A joy much more than we could ever imagine.

If we want to live a holy life we need the guidance of the Holy Spirit, in every area of our lives. We can't keep certain parts for ourselves. We can't then separate work and church and friends and other parts of our lives. God needs to be the centre of every area of our lives. We are often guilty of acting differently at work than at church or even when we are around friends or family. We place each part of our life in its own box and nothing may touch or mix with the box next to it. We keep our relationship with God personal and we tend not to speak about it. Holiness and walking with God isn't just about church or my personal relationship with God. If my relationship with God doesn't filter through my whole life, I'm missing the mark. If holiness cant be seen in the way I talk to my family or even my colleagues it makes no sense to follow Christ. The Holy Spirit leads us to places where we are called to act differently than the world around us. The Spirit not only leads us in our prayers but also in our daily lives. To follow Christ is to be changed. This change comes over time and comes when we follow where the Spirit leads.

We are called to give complete control to Christ, not just certain parts. This may be difficult but worth it. Our lives are safe in the hands of God.

May we follow Christ. Not just in certain areas of our lives, but may we be forever changed by his presence in heart and mind. May the long-term benefit always out weigh the short-term.

Ds Roné Vosloo - NG Kerk Kathu

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wattbike



EMS Kathu
Electronic Body Stimulation

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THE MEANING OF MEANINGFUL INTERACTION In early communication development

By Liezl Ungerer
(B.Communication Pathology in Speech-Language Therapy (UP))

To breast or formula feed, to sleep train or not to sleep train, or use a jolly jumper or not - there are so many different parental opinions about early childhood. But something that most parents would agree on is that they want the best for their child.

Parents wake up each morning with their child's best interest at heart, despite their own frame of reference and sometimes limited access to resources. They are the ones that need to make the difficult decisions to promote their child's health and development in the best way possible. No young child has the cognitive ability to know what is best for their own wellbeing.

Why, then, do we leave so many important aspects of childhood development dictated by our children, society and the bad habits that this technological age brought with it? Why can we agree that we want the best for our children, but we are not the gatekeepers of their development?

One of the many areas of development that determine future literacy success is communication - the ability to send and receive a meaningful message to participate in a social environment and build relationships. It is not only reliant on verbal output (the number of words children use) but includes all modes of communication, including eye contact, body language, gestures, vocalizations, words, pictures (symbols) and written language - which in many ways are the precursors of spoken language.

Early communication development starts from birth and becomes more complex as brain functions grow. But how do babies and young children develop this skill? By lots and lots of meaningful interaction with people- parents, caregivers, siblings, family and friends. Therefore we can suggest that frequent positive interaction is a great developmental decision to make for your child's future academic and social success. This seems easy enough, but raising children in today's day and age is a challenge due to the immense influence of technology and screens.

Screens:

- Making our lives so much easier.
- Information at our fingertips.
- All the music and entertainment you can wish for.
- No need to get up to switch the light off.
- No need to pick up a phone to talk to someone.
- No need to interact with your child...

Choosing to give your child a screen, be it a tablet, cellphone or television, instead of having a meaningful interaction with them, irrespective of their age or screen content, is choosing against positive communication development.

Patricia Kuhl, a Professor of Speech and Hearing Sciences and co-director of the Institute for Learning & Brain Sciences at the University of Washington, who is involved with experiments on more than 4 000 babies each year, wrote: "What we've discovered is that little babies, under a year old, do not learn from a machine. Even if you show them captivating videos, the difference in learning is extraordinary. You get genius learning from a live human being, and you get zero learning from a machine".

When we give a baby a screen in a restaurant or allow a toddler to choose a screen repeatedly, we as parents are not making the decision with their best interest at heart.

Instead, we are giving in to our own weakness of choosing the easy way out. Quiet sitting children, glued to the screen, no crying, no complaining, just sitting like zombies, learning nothing in the process. Maybe to quickly finish everything that must be done around the house or quickly satisfy your own screen addiction? How often do we pick up our phones to scroll swiftly while sitting next to the 2-year-old, hungry for meaningful stimulation and interaction?

There are mountains of validated information to divulge regarding the impact of screen time on early childhood development (just use your own screen time to check Google). The World Health Organization implemented guidelines for screen time according to age: 0 to 2 years - NO screen time and the American Academy of Pediatrics states that screen time should be restricted to one hour per day for 2 to 5 years of age. And with good reason, in excess, it is simply not contributing to the development and withholding valuable time spent playing and interacting.

I hope in the future they will implement screen time restrictions for the parents or caregivers in the presence of children under five years. Because just as much interaction is lost if the adult is the one withholding the valuable learning time by modelling no communicative eye contact, no body language, no response or emotion while passively scrolling on their phone.

We don't leave the decision to brush teeth or not, to our children, because it will impact their health in a bad way... Why do we leave them to dictate things that poorly impact their development? Simply say no. No to screens at restaurants, waiting areas, short car trips, family gatherings, parties and play dates. No to screens for babies under the age of two years. No to more than one hour per day for older children. Ask yourself can I replace this time with a positive meaningful interaction with my child?

The parent wakes up in the morning thinking of their child's development, not the child.

Here are some practical ideas for opportunities for meaningful interaction with 1-5 year olds:

- Washing dishes together (It will take three times longer, but the goal is not speed).
- Doing the laundry together (Sorting colours and items by category and size).
- Putting away all screens during dinner time (all meals at the table) and in restaurants.
- Talking about the scenery during short car trips.
- Teaching them that to be bored is ok (it simulates creativity).
- Play make believe with pots, pans and spoons while the adult is cooking.
- Play outside and talk about the environment.
- Play hide and seek (with them).
- Join in with their play.

Be your child's gatekeeper and help them to develop their communication skills to the best of their abilities.



LIEZL UNGERER
SPEECH-LANGUAGE THERAPY

**BRRR ... MAAK
KAGGELHOUT BYMEKAAR,
DIE WINTER IS HIER**

By Erenalize du Toit

CJ Langenhoven het jare gelede al gemaan dat 'n mens hout in die somer bymekaar moet maak sodat jy in die winter by die vuur kan sit. Die deurwinterde skrywer het dit figuurlik bedoel, maar of jy nou hierdie somer hout versamel het of nie, die winter is met mening hier. Krap maar jou longjohns uit die kas en vra vir ouma om vir jou 'n serp te brei.

Meteens is dit vroeg donker en kan jy nie meer met soveel gemak 'n bietjie oefen ná werk nie. Of jy kom uit die supermark gestorm en dan begroet die skemer jou reeds en jy het nog nie eens kos op die stoof vir die honger mae tuis nie. Van honger gepraat, in die winter verbeel jy jou kort-kort jy moet aan iets knibbel. Dit is natuurlik glad nie bevorderlik vir fiksheidsghoeroes se motto dat somerlywe in die winter geslyp word nie. As jy soggens douvoordag opstaan, is dit pikdonker en wonder jy of jou wekker nie die spoor byster is nie.

Party mense is versot op die winter. Vir hulle is daar geen groter plesier as om laag op laag aan te trek dat selfs die rietskraalste figuur soos die Orosman lyk nie. Winter spel vir hulle: onverbeterlike sop, bredies met diep geure, snoesige pofbaadjies, klassieke woljasse, lang leerstewels, 'n omhelsende vereduvet en stroopsoet sjerrie of glühwein voor die kaggelvuur.

Vir die somerverslaafdes is die winterseisoen ongelukkig 'n neerdrukkende tyd. Grou dae strek troosteloos voor jou uit. Ek het byvoorbeeld nog emosionele skade van netbalwedstryde as kind in die Karoo terwyl dit kapok. Jou hande en voete is gevries en die donkerte onderdruk enige behoefte om sosiaal te verkeer of iewers heen te gaan. Dit laat jou drome droom van 'n alternatiewe huis in 'n ander halfgrond sodat jy sesmaandeliks kan ruil en eerder heeljaar somer kan hê. 'n Beeldende kunstenaar en sielkundige van Suid-Afrika doen die presiese teenoorgestelde. Hy bly jaarliks in die winter en lente vir ses maande in Suid-Afrika en dan neem hy sowaar 'n tweede winterskof in Spanje. Praat nou van dapper.

Natuurlik kla die gelukkiges onder ons met die oondwarm witbrood styf onder die arm geklem. As jy bevoorreg is om 'n beskutte huis met lugversorging, verwarmers, warmwatersakke en dik langhaarkombers te hê, kan jy jouself gelukkig af. En die oggend wanneer jou motor hardkoppig verseg om te vat, kan jy tien teen een in 'n tweede gesinsmotor klim om te verseker dat jy steeds betyds die werk haal.

Die goeie nuus is dat geen seisoen gelukkig vir altyd aanhou nie. As jy Elsa van Frozen se bloedfamilie is, gryp elke lemoen en ysige windjie met mening aan. Koester die wintersoomblikke met jou hande styf om 'n koppie warsjokolade of chaitee. As jy #spansomer is, sit jou mussie oor jou rooi en koue ore en hou jou oog ferm op 1 September, hoewel Lentedag deesdae nog ysig is. Soos Prediker sê elke ding het sy vaste tyd en nou is dit tyd om te b-b-bibber.

TROTS KATHU

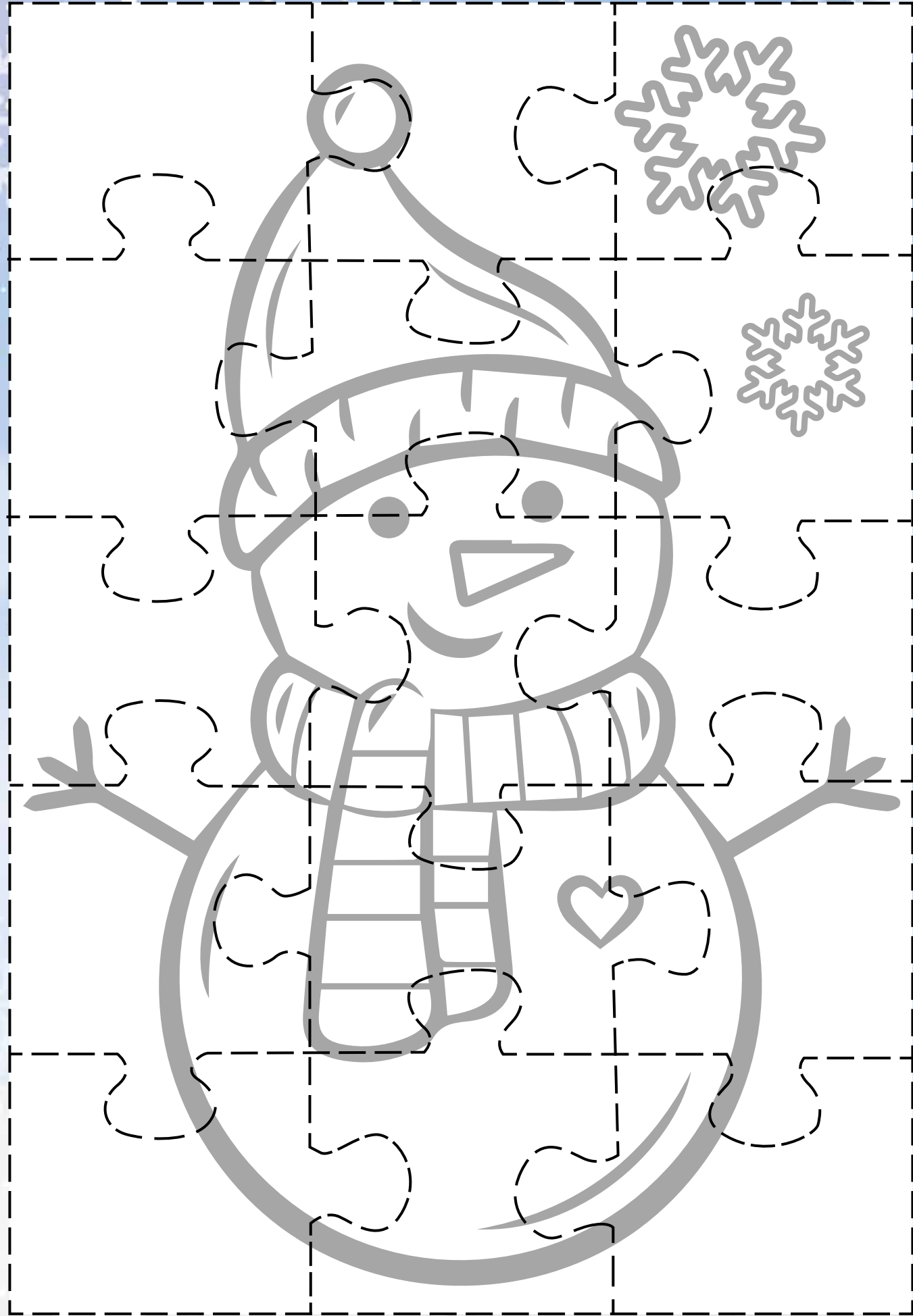
*Liefde kan
die onmoontlike
oorkom*



*Bederf
jouself!*

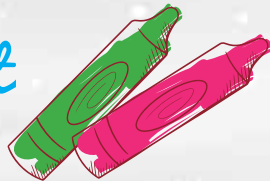
Romanza

**Cold weather is here. Had to scribe ice off
my windscreen this morning. Used my
supermarket loyalty card. Only got 10% off...**



Kleur in en knip jou eie ysman legkaart

[Tip: plak eers op karton / pap boks vir versterking]





To all our Home owners and Residents who are celebrating their birthday's in June, July & August



STEP BY STEP REGISTRATION ON ARKE

What is the ARKE system?

ARKE is the pin system used for your guests. You issue a pin for each guest which is valid for one (1) entrance and one (1) exit only. The code is then used at either the Main Gate or the Western Gate. After being used twice, the code expires and is no longer valid.

How to register for ARKE?

During your fingerprint registration at the Kalahari Golf and Jag Landgoed office, your mobile number will be linked to the ARKE system.

1. Click on Login



DO NOT fill in your email address

2. Click on Create one now!



Once the site administrator has added your phone number to your estate's access control system, you will receive a text message welcoming you to ARKE and explaining how to create your account and login.

Please follow the link in the text message to continue the registration process.

You can also visit the Apple App Store or Google Play Store to download the ARKE mobile app, or create an account via app.arke.io.

Note: if you have not received the ARKE welcome message, please contact your estate or access control manager to have them add your details to the access system, otherwise you will not be able to invite your visitors with ARKE.

Once you downloaded this App, the following screen will appear:

The following screen will appear. Please complete the questions:

First Name: _____
 Last Name: _____
 Country Code: (+27) South Africa
 Phone Number: **This must be the same mobile number that you gave to the Site Administrator**
 Phone Number (confirmation): **Confirm above number**
 Email address: _____
 Email address (confirmation): **Confirm above address**
 Password: **Needs to be 8 characters or more**

Verifying your ARKE account

After creating your account, you will need to confirm your email address and phone number.

We'll first send the email verification code. When received, enter it into the verification page. If you don't receive it, check your spam or junk folder, as sometimes they are filtered there.

You will then be asked to confirm your phone number with a verification code that will be sent to your phone as a SMS.

Once you've completed the registration process you can use your login username and password to access the ARKE system via the mobile app.

How do I invite a visitor with ARKE?

To create a visit in the ARKE app, all you need to do is tap the 'Invite' icon on the main menu, placed on the bottom of the mobile screen. Then select a visitor from the phone address directory and then select when you want to invite the visitor, or leave this saying 'Now'.



- To invite a visitor, it needs to be registered in your phone address book
- If you don't have the visitors' phone number, you can use your own phone number to receive the PIN. Then share via email or in the notes for your order for instance
- Make sure that ARKE has access to your phone address book (you will be asked during the installation of the app)
- The visitor won't be able to use the PIN before the invitation arrival time
- The pin is valid for one entry and one exit, then it expires.

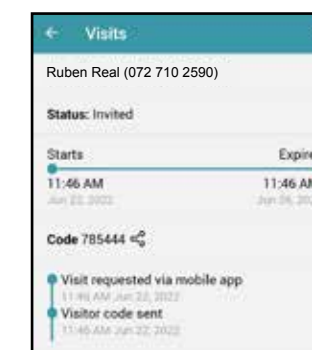
Please note that you can add multiple visitors to the visit when you create a visit via the ARKE web version, which is useful when you want to create a group visit/invite multiple people at the same time. See below:



How do I share a PIN with my visitor?

If you want to share the PIN or weblink for a visit with a visitor, you can do so from within the ARKE app.

Start by going to the 'Visits' screen and select the visit you want to share. Next to the PIN or link, you will see the share icon:



Tap that and select your desired app to use to share the PIN or link (iPhone shown in example, Android works similarly):



For any more questions/queries on ARKE, visit the ARKE website and scroll down to SUPPORT.
<https://www.arke.io/>

FROM THE DESK OF THE CHAIRPERSON

Dear Home Owners,

This year started off at such a pace that one tends to only now realize that we are almost midway through the year.

Firstly we would like to take the time to thank our previous Chairperson Mr Gielie Loots for his valuable contribution during his time as Chairperson of the board of Trustees. Thanks Gielie and enjoy the rest of your retirement.

This year took off where last year ended regarding building activities. There are still a lot of houses in the process as we speak, and that is very good for the Estate.

Kathu as few other towns in South Africa are thriving on the good commodity prices received over the last year and this makes Kathu a very good and lucrative market to develop and invest in.

That is very good news for us because we want the Estate to flourish. On top of that, some other positive actions driven by the HOA board of Directors are in progress like;

- Paving of roads are in progress and about 70% of total roads are finished;
- Gravel roads where resurfaced;
- The construction of the kids recreational area has kicked off;
- Fibre throughout the Estate was installed during March/April 2022;
- The HOA office block plans was finalized and ready for Municipal approval;
- We changed over to the new security company;
- The newly planned Lifestyle Project with smaller units planned by the Developers are being finalized as I write this.

You as homeowners play a pivotal role in the dynamics of the Estate by keeping to the regulations and playing by the rules, and by doing so, everybody can stay in harmony with nature and with each other.

We as the HOA board of Directors are trying our best to make the Estate a pleasant place to live. We can only strive to keep on doing what we are doing to reach our end goal and that is a completed development.

Kindest Regards,

Floris Kruger



Welcome to Floris Kruger as the Estate's new Chairperson. We wish him the very best on this new journey!



NUMBERS TO REMEMBER

Residents Kalahari Gholf en Jag Landgoed

IN CASE OF A SECURITY EMERGENCY:

Rhino Security

- André Schoeman	082 319 5906
- Carel Reyneke	082 898 3060
- KGJL Rhino Control Room	066 466 9688
- Rhino Main Control Room	082 141 8111

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:

GAMAGARA MUNISIPALITEIT:

Office: 053 723 6000

Gamagara Municipality Call Centre:

053 004 0242 (Get reference number)

Estate office:

Administration 083 381 1294 / admin@kalaharigholf.co.za

Estate Manager 073 766 8306 / manager@kalaharigholf.co.za

OTHER IMPORTANT NUMBERS:

ANIMAL WELFARE:

- Marietjie	083 942 9658
- Izandri	083 336 9422

FAUNA & FLORA: Samantha

054 338 4800

SNAKE REMOVAL: Freddie Ackerman

073 090 5246

SPIDERS AND BUGS: Susan Myburgh

083 448 9272

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