

The Chat



The Chat | 2022 Volume/Uitgawe 11

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.

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VROU FOKUS, SEPTEMBER 2022

Ezer

Genesis 2:18 "Die Here God het ook gesê: "Dit is nie goed dat die mens alleen is nie. Ek sal vir hom 'n HELPER maak, as sy gelyke.""

Eva is uit Adam geskape om sy metgesel en sy helper te wees. Ongelukkig is hierdie waar baie mense se perspektief oor wat 'n vrou is verward raak. Party mense impliseer dat om 'n 'helper' genoem te word, beteken dat vrou minder as mans is. Bybel kommentator, Albert Barnes skryf egter die volgende oor hierdie skeppingsdaad:

Beyond all this God knew what was in the man whom he had formed. And he expresses this in the words, "It is not good for the man to be alone." He is formed to be social, to hold converse, not only with his superior, but also with his equal.

God het vir die man 'n vrou gemaak omdat hy (die man) haar nodig het. Net soos 'n vrou nie sonder 'n man kan nie, kan 'n man ook nie sonder 'n vrou nie. Dit is wedersyd!

As jy daaraan dink, die term 'helper' klink nie na 'n baie glansryke term nie. Maar kom ons kyk so bietjie na wat hierdie woord in die oorspronklike taal beteken het. Die Hebreeuse woord wat in Genesis 2 gebruik word is ezer. Wanneer hierdie woord in die Ou Testament voorkom, is dit altyd in die konteks van uiters belangrike, noodsaaklike en kragtige daad van redding en ondersteuning.

Ezer word slegs op twintig ander plekke in die Ou Testament gebruik. In elke ander geval is die persoon wat beskryf word God self. Boonop is dit ook wanneer dit desperaat nodig is dat Hy vir die persoon of nasie móét deurkom. Niemand anders sal genoeg wees nie. Dit verwys nie na 'n minderwaardige, opvulling van 'n bietjie krag nie, maar na 'n volledige, waardige en volkome hulp wat jy baie desperaat nodig het! Wanneer ek amper reg kom en net nog 'n bietjie hulp nodig het, het ek nie 'n Ezer-helper nodig nie. 'n Ezer-helper verwys na 'n onmisbare HELPER wat krities nodig is vir oorlewing. Dit is die tipe helper wat die vrou is vir die man.

In I Samuel 7:12 staan: "Samuel neem toe 'n groot klip en sit dit regop tussen Mispa en Sen. Hy noem dit toe Eben-Haaser, want het hy gesê: "Tot hiertoe het die Here ons gehelp."" Samuel besef dat sonder die Here se hulp sou hulle nie sover gevorder het nie en daarom rig hy hierdie gedenksteen op.

God is ons Ezer-hulp. Dit beteken dat Hy nie die laaste bietjie is wat ons nodig het nie, maar eerder dat sonder Hom ons absoluut hopeloos is! Sonder sy hulp is daar nie vir ons 'n kans nie. So ook, die rol van die vrou as helper. Die meeste van die konteks waarin ezer gebruik word is lewe of dood situasies, en God is die enigste hoop. Jou enigste hoop. Jou ezer. As hy nie daar langs jou is nie... is jy so goed soos dood. 'n Ander (dalk beter) vertaling van ezer sou dus 'lewensredder' wees.

Mag ons die vrou in ons lewe sien as die nodige hulp wat God vir die mensdom gemaak het. My gebed is ook dat elke vrou sal besef dat sy 'n onmisbare en belangrike rol in hierdie lewe het.

Laastens, mag ek en jy besef dat God jou Ezer is. Jou Lewensredder!

Pastoor Christopher (El Shammah AGS Kathu)



**Bouwerk-Teelwerk-Verfwerk
Plaveisel-Aanbouings -Restourasies
Nuwe huise bou**



SPRING IS IN THE AIR!



Springtime is one of my favourite seasons of the year. Everything is fresh, new, and in bloom. Changing seasons can teach us spiritual lessons. God's nature is revealed in his created world and we are to learn about Him through the world he has created. So what are the spiritual lessons to be learned from the changing seasons, and the beautiful springtime that we are enjoying?

1) God's Faithfulness

The first lesson that we need to learn from the changing seasons is that God is a faithful God. We take it for granted that spring follows winter, summer follows spring, etc.... What have we done to bring about this change in seasons? Absolutely nothing! God has done it without any of our aid or help. Yet while we sleep and wake, day after day God has been faithfully caring for his earth – upholding it while it makes its yearly revolution around the sun. The earth never speeds up; it doesn't slow down; it doesn't veer off course. Rather it consistently rotates day after day while revolving around the sun. Why? Because God by the power of His might keep it directly on course. So perfectly in fact that each season comes in due course. That is none other than the perfect faithfulness of our God.

As you enjoy spring do you need to be reminded of God's faithfulness? Perhaps it has been a particularly challenging year and life has been anything but consistent for you. Isn't it good to be reminded that God is the same yesterday, today, and forever? That his faithfulness is ever the same, and that faithfulness is applied to you as His child. That he loves you and never leaves you or forsakes you. We can rely upon Him as the firm foundation for our feet and more faithful than the changing seasons.

2) God's mercy

During the spring everything looks fresh and new. That newness reminds me of Lamentations 3:22,23 "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning." God's mercy and love to us His children is new every morning. It is never used up or spent, but as infinite is God - so too is His love and mercy for us in the Lord Jesus Christ.

What a wonderful promises to store up in your heart and your mind as you see the newness of spring all around. The flowers will bloom but eventually the petals will fall off. The grass will grow and need to be cut for a season, but it too will go dormant again. However there is never a time that God's love and mercy is out of season, or dries and shrivels up. It is new to us with every passing day.

These and many other lessons can be learned from God's creation all around us. May we have the eyes to see our Great God and apply the lessons of nature to our hearts and minds.

Happy spring everyone!

Pastoor Charl Isaacs



HOPE FOR A GREEN AND TIDY KATHU

It is such a privilege to be part of a project that's changing our community for the good! Every project we take on is lifting the people's spirits and outlook – providing hope on an almost forgotten "green and tidy Kathu".

For us every bag of garbage, every new clean sidewalk and every new pathway inspires a new generation to join our cause to keep Kathu beautiful. It inspires communities and members of the public to join our efforts in restoring Kathu to its former beauty. While we are cleaning up identified areas, we remember stories of our once rich and vibrant town, stories of rose gardens and fountains at the municipal buildings.

Some of our recent projects include the fields and street in Mopanie Laan, Frikkie Meyer Road and currently our men are cleaning sidewalks and restoring white cement blocks in Ben Alberts Street.

Our goal with every project is to pick up garbage, sweep the roads, level the sidewalks with the roads, paint the curbs black and white and restore the white cement cones to their previous looks.

Our next community cleanup will be on the 18th Of September 2022, and we urge every resident of Kathu to join us. Together as a town we can be proud of the areas we live in.

You can find Groen Kathu on Facebook and join our WhatsApp group to keep up to date on projects.

Contact persons:

Annerien - 083 274 6714
Hannerie - 072 466 0200
Deán - 078 463 1822

☎ 083-274-6714 / 072-466-0200

✉ groenkathu@gmail.com



YOU CAN HELP CLEAN UP THE TOWN IN ONE OF THE FOLLOWING WAYS:

1. **Sponsor a Dustbin for a year.** Costs R1900/ annum and it is cleaned weekly. (Includes a sticker / company logo of your choice).
2. **Sponsor a worker for the day** @R250/worker per day.
3. **Sponsor Road Paint.** We currently need White paint.
4. **Sponsor Plastic** that we can put under the white rocks on the islands to reduce long term maintenance.

📍 Groen Kathu, Capitec, Acc 1743 656 155

🌐 <http://deanespach.wixsite.com/groen-kathu>



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ZELLEE BEST BINNESHUIS-ONTWERP INSPIRASIE

My naam is Lizél Saaiman. Ek het 3 jaar gelede my binneshuisontwerp-besigheid begin in Kathu. Dit het ontstaan uit my lewenslange liefde vir “huis mooimaak”. In 2017, na 6 jaar van spraakterapie het ek my voltydse werk verruil vir ma-wees. In hierdie tydperk, het die idee van verdere studies in ‘n kreatiewe rigting ontstaan - minwetend dat dit sou lei na ‘n opwindende nuwe beroepsavontuur. Vandag voel ek bevoorreg om te kan doen waarvoor ek ‘n passie het. Ek is ook ‘n Craftex krytverf (chalk paint)-verskaffer en bied verfklaas aan. Dit verskaf my groot genot om mense te kan lei in kreatiwiteit en ontspanning!

Binneshuise ontwerp laat toe om ‘n tuiste of werkspasie te skep wat ons leefstyl reflekteer en komplimenteer. Dit gaan nie net oor “mooimaak” nie, maar ook oor die funksionele aspek van ‘n vertrek - dit moet funksioneel wees. ‘n Weldeurdatte ontwerp van ‘n vertrek praat met al jou sintuie, en kan jou energiek, gefokus, slaperig, prettig of kalm laat voel- afhange van die gevoel wat intensioneel geskep word deur die ontwerp.

ONTWERP 101:

As ek ‘n vertrek analiseer of ontwerp, benader ek die projek met die Elemente en Beginsels van binneshuisontwerp: Elemente—die boublokke van ontwerp—is ruimte, lyne, vorms, kleur, teksture, beligting en patrone. Met die regte Elemente bereik jy die eindresultaat om balans, ritme & herhaling, beklemtoning, proporsie, en harmonie te skep – die Beginsels van ontwerp. Het jy al ooit in ‘n vertrek gestaan en alles voel en lyk net reg? In so vertrek werk al hierdie elemente en beginsels mooi saam om harmonie te bereik - soos in daai prentjie-mooi tydskrifhuise.

‘n WENK WAT JOU HELE HUIS KAN VERANDER:

Die mees algemene probleem wat ek teëkom is die keuse van ‘n kleurskema. Kleur kan die karakter en gevoel van ‘n vertrek/huis beïnvloed en het selfs ‘n sielkundige impak op ‘n mens hê. In ‘n vertrek is kleur onderling verbind aan ander belangrike elemente en beginsels, soos Herhaling en Balans. Dus, om kleur reg te kry moet die balans reg wees. Te veel warm kleure laat ‘n vertrek maklik dood of depressief voel, en te veel koel kleure gee weer ‘n te kliniese gevoel. Die geheim is om ‘n balans te skep van koel en warm kleure, en om op die regte neutrale kleur(e) staat te maak as basis van jou kleurskema. (Onthou, meeste neutrale kleure het ook warm en koel ondertone!). Verf is die goedkoopste en méés effektiefste manier om die grootste verandering in jou huis te maak!

HOE KAN EK JOU HELP? Ek bied ‘n konsultasie of pakket aan vir elkeen se behoeftes: hulp met kleurskemas, deurloop-ontwerpsessies met onmiddellike terugvoering en advies, hersiening van vloerplanne, spasiebeplanning, 3-dimensionele ontwerp, kies van meubels en dekor, “sourcing” van items en ook stillering. Bou jy tans ‘n huis, en wonder watter vloere en kaste ens. sal beste vertoon saam met jou meubels? Ek is beskikbaar om jou te help om wyse besluite te neem. Wil jy jou huis verkoop en dit op sy beste laat lyk vir potensiële kopers? Ek bied ‘n “home staging” diens aan wat die moeite werd is! Gesels met my oor jou behoeftes dan stel ek vir jou ‘n konsultasiepakket voor wat vir jou sal pas.

WIL JY ONTPAN EN IETS KREATIEFS LEER? Jy kan leer hoe om jou huis en jou wêreld self in te kleur en mooi te maak met chalk-verf of dot-kuns! Ek bied werksinkels aan een tot twee keer ‘n maand op ‘n naweek en gaan binnekort met weeksgoggendklasse begin! Ek bied ook privaat en korporatiewe groepklasse aan op aanvraag. Daar is verskeie interessante opsies om jou kreatiwiteit te ontklok.



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What are Essential Oils?



They are found in plant material taken from the root, stems, bark and leaves. They help to form the plant's own immunity and defence against microbes, bacteria, fungus, insects, and disease, as well as being the fluid that regenerates and heals the plant. They are highly potent, and also give the plant a fragrance which is what most people tend to associate with essential oils, but of course they are so much more!



Our bodies are made of building blocks similar to plants, so when we use the oils they go to work in our bodies in the same way they would for the plant.

CPTG Certified Pure Therapeutic Grade

doTERRA Essential Oils are highly concentrated, 50-70 times more powerful than herbs

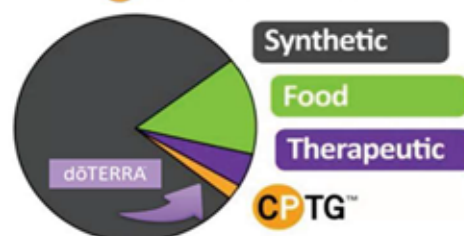
Why doTERRA Essential Oils?

Not all oils are created equal

doTERRA CPTG Certified Pure Therapeutic Grade essential oils represent the safest and most beneficial oils available in the world today. For an oil to be CPTG Certified Pure Therapeutic Grade the oil must be: Pure and natural, with aromatic compounds carefully extracted from plants. Free from fillers or artificial ingredients; no dilution of active qualities. Free of contaminants, pesticides, or chemical residues.

They are rigorously tested for standards of chemical composition, cross tested using mass spectrometry and gas chromatography to ensure exact purity and composition potency. Sourced by a global network of leading essential oil chemists and growers to ensure correct species, growth in ideal environments, and that raw plant materials were carefully harvested at the right time.

CPTG Certified Pure Therapeutic Grade

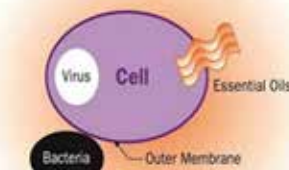


Grades of Essential Oil

Did you know? According to government standards, an essential oil can be labelled as "100% pure" and still legally contain up to 92% fillers. Many of the oils found on the market, including health food stores, are of low quality.

FDA disclaimer: "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease."

Why are Essential Oils Effective?



Essential oils have the ability to pass through the cell membrane, due to their lipophilic properties, and can therefore penetrate each cell in our bodies to help fight viruses and to help our bodies heal. Prescription drugs and antibiotics cannot do this, which makes essential oils a great natural alternative without side effects.

Essential oils can enter into our blood stream in just 30 seconds and can affect every cell in our body within 20 minutes

How to use Essential Oils?



Aromatic

Breathe in or use the diffuser to clean the air, support and open airways. What you breathe affects your mood.



Topical

Just one drop of essential oil can service every cell of your body. Apply to feet, ears, chest, back of neck, head, and targeted areas. For sensitive skin dilute with fractionated coconut oil. Keep oils out of the eyes and ears.



Internal

Just add to water, or drop under the tongue. Nourishes the whole body including the digestive system, mouth, throat, liver and urogenital tract. Some oils cannot be taken internally always check the label.

doTERRA making an impact!



The doTERRA Healing Hands Foundation focuses on philanthropic efforts to bring healing and hope to the world. For lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. Past projects include building new or sponsoring existing medical clinics, installing drinking water and irrigation systems, and building schools.

Co-Impact Sourcing is an initiative that seeks to develop long-term, mutually beneficial supplier partnerships, while creating sustainable jobs and providing reliable income in underdeveloped areas.

doTERRA, making a difference in people's lives

Did you know? Oregano is nature's most powerful antibiotic. It is believed to be equally as effective as standard antibiotics without any side effects.



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Summer
Smoothie
Recipes

INGREDIENTS

Mango Madness

1 c. orange juice
1/2 c. coconut yogurt
1 1/2 c. frozen mango
1 medium carrot, coarsely grated

Strawberry Fields

1/2 c. coconut water
1/2 c. coconut yogurt
1 c. strawberries
1/2 c. frozen peaches

Green Goddess

1/2 c. unsweetened almond milk
1/2 c. honey yogurt
2 bananas, cut into pieces and frozen
3 c. baby spinach

Razzle-Dazzle

1/2 c. low-fat milk
1/2 c. nonfat Greek yogurt
2 c. frozen raspberries
2 bananas, peeled and cut into pieces

DIRECTIONS

In blender, puree the ingredients until smooth. To make smoothie bowl: Make Razzle-Dazzle Smoothie and transfer to bowls. Top with kiwi slices, coconut flakes, and raspberries.

<https://www.goodhousekeeping.com/food-recipes/healthy/a21946699/summer-smoothies-recipe/>



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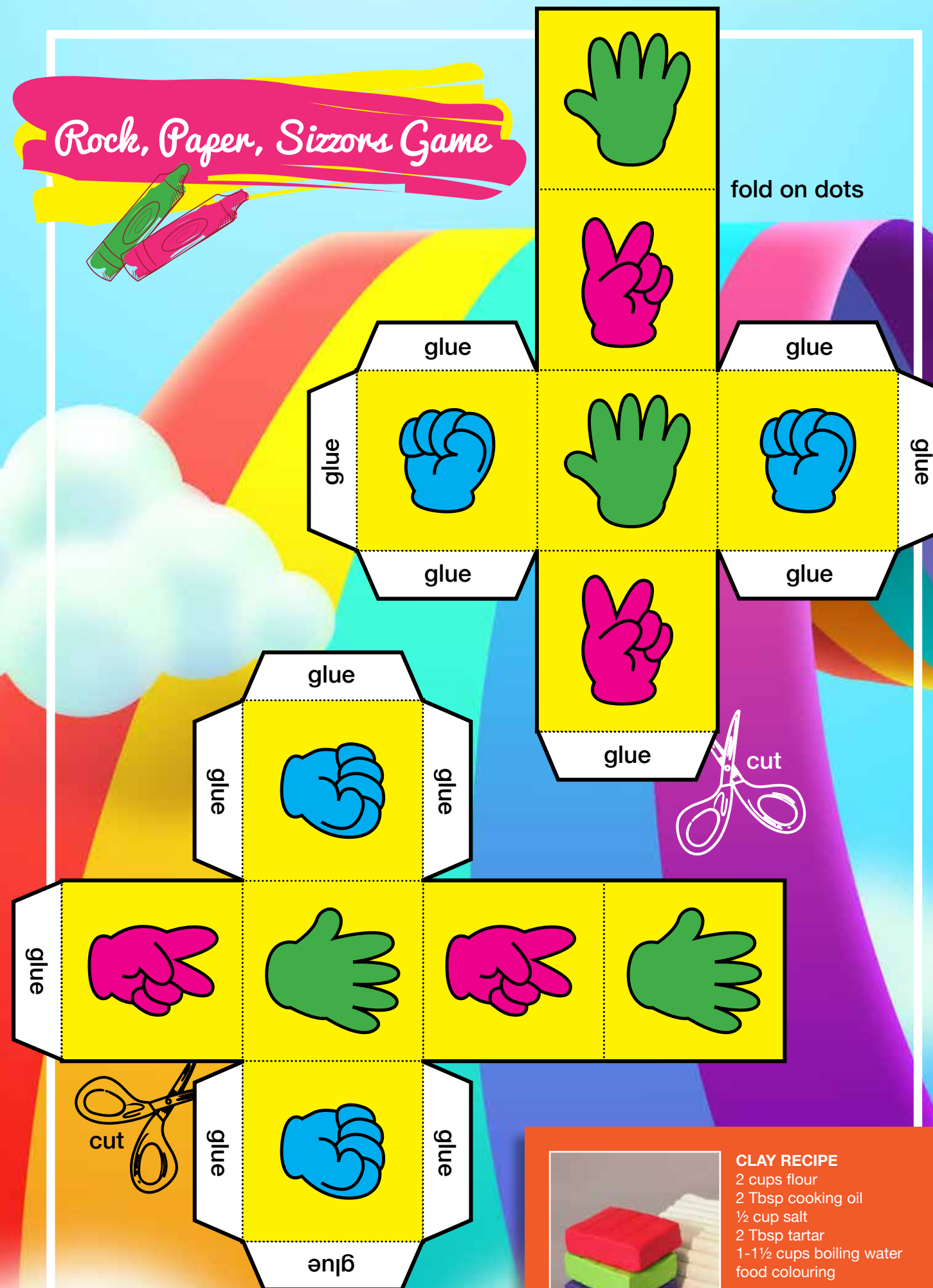


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Rock, Paper, Sissors Game



CLAY RECIPE

2 cups flour
2 Tbsp cooking oil
½ cup salt
2 Tbsp tartar
1-1½ cups boiling water
food colouring

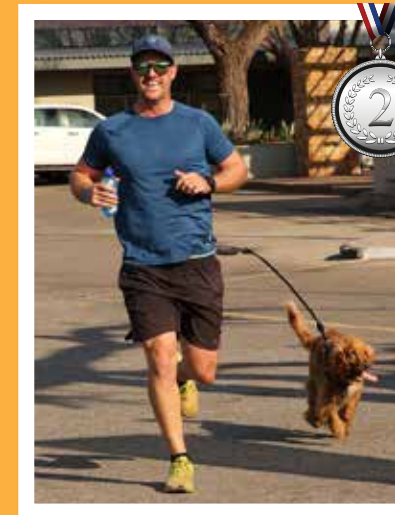
Mix all until sticky and let cool.
Knead until not sticky and add
flour if stickiness persists. Seal in
an airtight container and enjoy!!

Spring Run

3 SEPTEMBER 2022



10KM WINNERS



5KM WINNERS



Dear Resident,

We had our Kalahari Golf & Jag Estate Spring Run on Saturday, 3 September. Athletes completed over 10km and a fun run of 5km. There was a very good spirit under the residents and other athletes that took part.

A big thank you to all of you and to our sponsors whose combined sponsor were R35 000.00 in items like, medals, goods, bags and prizes for the event. This will now become an annual event on the first Saturday of September each year.

Our Sponsors for Saturday were:

- Mica Mining
- Grey Kuala
- Remax
- Twinpack Northern Cape
- Fitness Factory
- Kalahari Country Club
- Precicion Hydraulics
- Pick & Pay
- Rhino Security

Now we start our planning for our first KGJL Gholf day that will be on the 6th of May 2023. If you want to be a part of this event and want to be a sponsor for this event, please feel free to contact Floris Kruger at floris.kruger66@gmail.com to book your slot.

Floris Kruger
Voorsitter HOA

FROM THE DESK OF THE ESTATE MANAGER

Good day home owners and residents,

A very hearty welcome to Ena Nieuwoudt, our newly appointed lady who will be running admin matters at our office.

Building activities on the estate are taking place at quite a speed, which is good as this means people do like our estate and want to invest here.

Problems with entering and exiting at the main gate will now be minimized as a new battery/inverter system has been installed at the main gate. High diesel consumption and load shedding obliged us to do this. As soon as funds are available, the same will be done at the western gate.

The speed camera also shows that most of the residents on the estate stay within the prescribed speed limits of 40km/h on paved roads and 20km/h on gravel roads. Although few people are over speeding, it seems to be visitors to the estate having pins to enter. Please remind your visitors to stay within the speed limits when driving on estate roads. When you give a pin to someone, please make sure that you know the person and that he/she know the rules of the estate. Please do not issue pins to strangers.

I also want to mention that no quads and off road motorcycles are allowed to be driven on the estate roads. You may cycle, jog or walk along the fence roads, but no cars, bakkies or golf carts allowed to be driven there. Golf carts may only be driven on the paved and gravel roads by persons 16 years and older.

I want to thank all residents on the estate who stick to the rules, that's always the right thing to do.

Please feel free to inform/contact me if any of you notice any wrong doing on the estate, so that the matter can be resolved.

Please remember we are one another ears and eyes.

There is never a wrong time to do the right thing and never a right time to do a wrong thing.

Regards and blessings.

Ben Burger

NUMBERS TO REMEMBER

Residents Kalahari Golf 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

design by Zabeth Grové

INVERSE

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