

The Chat



The Chat | 2023 Volume/Uitgawe 12

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.

2023

The year to think differently

Did you know that the origin of New Year's resolutions dates back to ancient Babylon, where people would make vows at the start of the new year?

In addition to being a time for reflection and self-improvement, new year's resolutions were originally intended as a way to align one's actions with their beliefs. As such, they were often formalized in an official way - a common practice was to write down one's resolutions on clay tablets or wooden boards.

These days, our modern day resolutions may not be as serious as they once were, but they are still important ways of reflecting on our lives and making positive changes. Here are a few examples of resolutions for some inspiration if you haven't yet embarked on achieving yours!

In 2023...

- Work out to feel good instead of constantly looking at the scale.
- Give one compliment a day. It may have more of an impact than you know.
- Do Random Acts of Kindness, you could make someone's day.
- Clear out the clutter – Physical, Emotional or Mental Clutter, it's time to let some stuff go.
- Write down one thing you're grateful for every night.
- Talk to yourself with kindness.
- Don't buy things you don't need.

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SAVE THE DATE
Estate Gholf Day, 6 May 2023



2023
Leef in die hier-en-nou



Mens Focus
Health facts



Fun for Kids
Valentines dot-to-dot



Competition
Play area name



Plots starting
at R 480 000*

Now

Bestwood Private Estate

Selling



2023, LEEF IN DIE HIER-EN-NOU

Liewe Vriende,

Dit is die Jaar van die Here 2023: 'n Genade-Jaar; 'n Hoop-Jaar; 'n Groei-Jaar; 'n Uitdaag-Jaar; 'n Besigwees-Jaar; 'n Beter-as-verlede-jare-Jaar... Miskien kan jy aan nog 'n paar name dink wat jy graag aan 2023 wil toedig! Hoe dit ookal sy, hierdie Jaar is hier en nou 'n werklikheid.

Ons leef elke dag in die hier-en-nou. Of doen ons?

Navorsing toon aan dat die meeste mense nie bewustelik in die hier-en-nou leef nie! Nee, ons leef dalk in ons lywe in die hier-en-nou, maar in ons psige en denke leef is òf in die toekoms òf in die verlede. Daarom gebeur dit dat ek van die werk af by die huis kom, die motorsleutel neersit, met allerlei dinge besig raak, en as ek weer iewers heen wil ry, kan ek nie onthou waar ek die motorsleutel neergesit het nie. Ek was nie in daardie oomblik in my denke en psige in die hier-en-nou toe ek die sleutel neergesit het nie. Ek was nie "by" nie! In my kop en psige was ek dalk steeds in die situasie wat my vroeër die dag ontstel het; òf ek het op daardie oomblik gedink aan alles wat ek vanaand nog moet doen voordat ek uiteindelik moeg en uitgeput in die bed gaan klim. Die woord wat daarna verwys om in die oomblik te wees, is "mindfulness". Ek nooi jou uit om hierdie begrip te gaan Google!

Die Here God wat baie mense in die Christelike Kerk aanbid – die God van die Bybel – stel Homself aan ons bekend as die een wat "is". Ons lees dit in Exodus 3. In vers 6 sê Hy vir Moses: *"Ek is die God van Abraham, Isak en Jakob...."*. In vers 14 sê Hy vir Moses: *"Ek is wat Ek is. Jy moet vir die Israeliete sê: 'Ek is' het my na julle toe gestuur."*

Die Here God is! Hy is die God van die Oomblik. Hy is in die hier-en-nou, en Hy wil dat ons Hom in die hier-en-nou sal ontdek, ontmoet en ervaar. In die oomblik! Ja, die Bybel sê ook dat die Here God die Een is wat WAS, wat IS, en vir altyd SAL wees. Daarvoor eer ons Hom, ook aan die begin van die Jaar 2023!

Mag jy en jou geliefdes daarop fokus om elke dag in die hier-en-nou te leef, òp vir die oomblik, om Hom wat IS raak te sien, raak te ervaar en met dankbaarheid te erken en eer!

Mag 2023 vir ons almal 'n mooi jaar wees wat sal staan in die teken van "Mindfulness".

Groete in Christus Jesus, ons Here!

Ds Heinrich Viljoen - NG Kerk Kathu



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SAVE THE DATE!!!



PROUDLY PRESENTS
THEIR 1ST GOLF DAY

6 MAY 2023

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7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.

7-8 HOURS

SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.



DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.



DontChangeMuch.ca
MensHealthFoundation.ca

SOURCES
www.statcan.gc.ca/tablex-tableaux/sum-som/101/cst01/hlth67-eng.htm
www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
www.hc-sc.gc.ca/nr-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php
www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
www.ncbi.nlm.nih.gov/pubmed/18952563
www.ncbi.nlm.nih.gov/pubmed/17572969
www.ncbi.nlm.nih.gov/pubmed/10857962
www.ncbi.nlm.nih.gov/pubmed/11976443

MENS HEALTH FOCUS

As we jump head first into the new year and get all riled up with resolutions and goals we hope to achieve, it goes without saying that some of us will be looking to make a few changes to our health. But unfortunately, a topic that is often overlooked is Men's health in particular.

Studies indicate that men are more likely than women to avoid taking care of their health. They're also more likely to have unhealthy habits such as smoking and drinking alcohol excessively. Which is worrying seeing that it has been shown that men have a higher risk for heart disease, cancer, Alzheimer's and diabetes than women.

But it doesn't have to be that way! We invite all men to embrace the positivity and opportunity that comes with the new year and decide to make your health a priority.

You don't have to make drastic changes to improve your overall wellbeing. It's easy to make simple changes every day that can have a big impact in the long run.

Check out these seven easy tips to begin living healthier lives today:

1. Eat more fruits and vegetables
2. Exercise regularly (even if it's just for 20 minutes)
3. Don't smoke, drink alcohol responsibly, and don't use recreational drugs
4. Get enough sleep each night (7-8 hours)
5. Stay hydrated by drinking water throughout the day rather than sugary drinks like soda or juice; this will also help eliminate bloating!
6. Find ways to relax and unwind when you're feeling stressed out
7. Don't avoid your annual check-ups. As we get older it is even more important to check under the hood regularly to ensure all is running as it should, and to catch any red flags in time to act on them if needed.



Summer
Braai
Time



CAST IRON PAN MIELIEBROODJIE:

During the summer, my husband would choose to braai EVERY night if he could. Sometimes it's a last minute decision to throw a few chops on the grill and there isn't much time to think about side dishes. But whether it's an impromptu weeknight dinner or a lazy Saturday braai with friends, this delicious corn bread is my go-to. It's extremely easy, takes less than 30mins from start to finish and is absolutely delicious.

INGREDIENTS

- 1/2 cup unsalted butter melted (or bacon drippings)
- 1 cup all-purpose flour
- 1 cup yellow cornmeal (or polenta)
- 1 tablespoon sugar (optional)
- 2 teaspoons baking powder (optional: yields a fluffier cornbread)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cup buttermilk shake before measuring
- 2 large eggs

INSTRUCTIONS

1. Preheat the oven to 200°C and position a rack in the middle. Lightly grease a 23cm cast iron skillet or 23cm square baking dish with butter and place skillet/dish into the oven to heat up.
2. (Alternatively for cast iron skillets: heat 1/2 cup of unmelted butter in your cast iron over stove top on medium heat until melted, turn heat off then allow the butter to cool slightly before adding to the batter.)
3. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder (if using), baking soda and salt.
4. Make a well in the centre and add the buttermilk and eggs. Mix together well to combine, then add in the slightly cooled melted butter. Mix again until 'just' combined (don't over mix).
5. Carefully remove your 'hot' pan or dish from the oven with oven mitts, and pour the batter into the hot skillet or dish. Listen to that sizzle! That's what you want.
6. Bake until the cornbread begins to brown on top and a toothpick inserted in the centre comes out clean (about 20-23 minutes). Allow to cool for about 10 minutes before slicing and serving.

Bernice Van Der Walt



COMPETITION!!

GIVE OUR PLAY AREA A NAME
BY SENDING YOUR IDEA TO
admin@kalaharigolf.co.za



Closing date: 28 February 2023 | Winner will receive a prize | Directors decision is final

A HEALTHY CHILD IS A HAPPY CHILD!



Our children's mind, body and soul needs to be nurtured. Here are some tips for a happier and healthier child:

2 Stretches before bedtime:

Little Fish

Take a deep breath. Puff up your cheeks and hold your breath. Slowly let it out.



Little Cow

Clasps your hands together behind your back and bend forward at your hips.



3 Things to say to anxious children:

1. I am here with you. You are safe.
2. Tell me about it.
3. Match your breaths to mine.



1 Way to say "I love you!"

Just **be there** to show that you care. Give your time to your kids.



4 Brainfood ideas:



Blueberries & cranberries

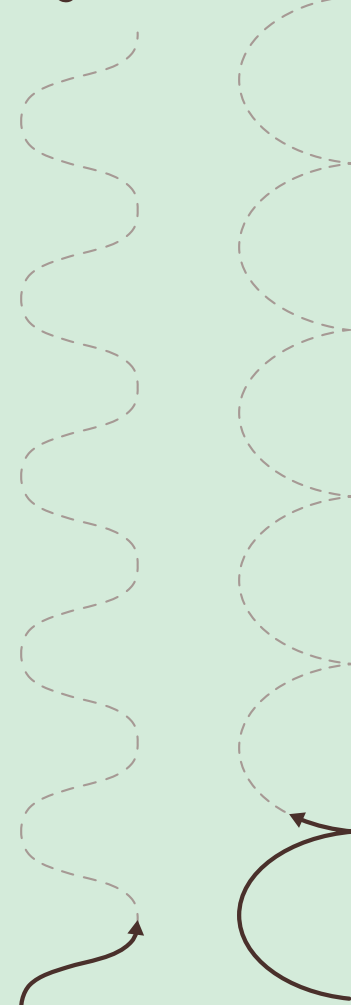
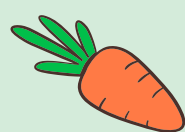


Broccoli

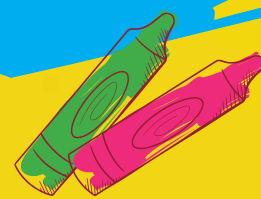


Watermelon

Nuts



Dot-to-dot, colour and cut picture for your Valentine



CREATE AN ECO-FRIENDLY GARDEN

With water shortages and loadshedding on the rise, now is the perfect time to create a sustainable, eco-friendly garden at home. Take the first steps to a healthier planet by starting your garden this month.

Choosing the right plants for your garden can be a daunting task. But it doesn't have to be. With a few simple tips and tricks, you can create an environmentally friendly garden that is both beautiful and diverse. When starting your garden consider:

- Companion Planting:

Combining different plants is known as companion planting and can be very beneficial. For example, Basil and Oregano increase the vitality and growth of nearby lavender plants by repelling aphids and various species of flies.

- Interplanting:

Maximize your garden space by planting different crops together, like small and fast-growing plants in between bigger and slower-growing ones. Combining radishes & carrots is a great idea - radishes mature quicker and thin the soil out, making it easier for carrots to grow. Onion & cabbage is another good pairing - the cabbage provides shade for the onions as they develop.

- Keep Bees:

Bees are crucial pollinators, so encourage these fuzzy insects into your garden by avoiding the use of pesticides, providing a water source, and keeping plants such as lavender, honeysuckle, and foxgloves.

- Use Water-wise plants:

If you want to turn your water-hungry garden into a water-smart wildlife haven, consider using some of these indigenous plants: Baby Sun Rose, Blue Lily, Wild Garlic, Crane Flower Leopard Lily and Vlei Daisy.

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Floris Kruger for more detail and to secure your prime spot

floris.kruger66@gmail.com
072 869 4969

FROM THE DESK OF THE CHAIR PERSON

Dear Reader,

When you read this January will probably be done and dusted. Allow me to wish all of you a prosperous year with especially good health.

As we take the turn into a new year, one realises that time does indeed really fly, and that we must not take one day for granted. My wish for this year is that everyone shall take the time to be a good citizen, a good resident and especially a good neighbour.

Furthermore, we can count our blessings on the year that has passed. It was a good year for the estate and although there were some difficult aspects to consider and decisions to make, we notice a willingness under our residents to be considerate and respectful for the rules of our estate. Let us keep that up in the years to come.

Positive projects that are in process or completed:

- There are a lot of building activities and if my assumptions are correct this year will not be different from last year.
- Roads are paved and the gravel roads were resurfaced.
- The office building and storage facilities for the estate will commence shortly at the western gate.
- Our perimeter fencing was cut and cleaned during the festive season to create more visibility for the security personnel.
- The construction of the recreational area for our kids also continues and we can report that the area was fenced, and water connections will be installed shortly. Then we can start planting the grass and plants. If you would like to make donations in the form of plants or benches for the park, please contact us.
- The plan of the developer to start with the Kalahari Lifestyle units are also on track and will commence shortly.
- These are good and positive things that we need to cherish and build on as we embark on this journey into the future.

Until next time

Floris Kruger

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

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INVERSE

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