

The Chat



The Chat | 2023 Volume/Uitgawe 13

The Familiar Chat / Gewone Spekvreter (Cercornis 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.



Ward Cllr Henriëtte du Plessis

MEET THE NEWLY ELECTED MAYOR

Ward Cllr Henriëtte du Plessis was born in 1979 in Hartswater and a former resident of Christiana. She became a resident of Gamagara after marrying in 2005. In 1999, she joined the South African Police Service (SAPS) and later resigned in 2015 to pursue a career in politics, becoming a Proportional Councillor for the Democratic Alliance (DA). In 2016, she won the ward election for Kathu. Throughout her tenure, she has demonstrated a deep commitment to serving her community and addressing daily challenges under difficult circumstances during the previous political administration and was re-elected for a second term in council in 2021.

In May 2023, Cllr Henriëtte du Plessis was voted in as the Mayor of Gamagara following a successful motion of No Confidence against the previous Mayor, Cllr Hantise. Currently, the Municipality operates under a coalition with the Gamagara Community Forum and the DA. However, there have been certain challenges, such as the annual budget, which was supposed to be tabled before May 31st. Mayor du Plessis had to request an extension from the treasury in accordance with Section 25 of the Municipal Finance Management Act (MFMA). Due to a budget deficit of 47 million, she was reluctant to present it.

To address these financial challenges, Mayor du Plessis worked in collaboration with the office of the Speaker, Municipal Manager, and Chief Financial Officer to organize meetings with local mines. On May 6th, 2023, she successfully presented a budget that predicted a 19 million surplus. However, she inherited a debt of over 400 million, including debts to the Development Bank of Southern Africa (DBSA), the Department of Transport, and Eskom. The Eskom debt alone amounts to 360 million, and considering the commitments included in the prediction, it is not feasible to repay this debt within 12 months. The budget remains unfunded, but Mayor du Plessis remains hopeful that the Municipality will be able to honor its arrangements with creditors. Currently, the collection rate for service accounts stands at only 65%, whereas a successful functioning Municipality requires a collection rate of at least 80%. Mayor du Plessis kindly requested the patience of the Gamagara community, assuring them that positive changes will be seen soon.

Mayor du Plessis has already returned the mayoral car and allocated funds to acquire two bakkies for addressing service delivery issues, with a focus on road repairs and assistance with electricity supply. Additional vehicles will be procured using funds from the Mayoral House after three months, as the previous Mayor still needs to vacate the premises. Rebuilding relationships between stakeholders and mines is also one of her priorities. She apologized for the delayed collection of refuse at the estate, as this service has experienced difficulties. Khumani Mine contributed two vehicles which will hopefully arrive within eight weeks. Negotiations are underway for an additional four trucks, and Sishen is also exploring ways to support Gamagara's fleet. Mayor du Plessis is determined to restore Kathu to its former glory. **"This is our town, and we need to rebuild it."**

She also wishes to thank all businesses and NPO's who are trying and assisting to clean up our Towns. The Department of Environmental Affairs hired 200 workers for a period of 12 Months to clean up the Gamagara Town, starting Monday, 12 June 2023. This was successfully driven by the Speaker Shepherd Mines, we are moving forward.

Gamagara is also looking at alternative measures to get accounts to residents on time. Sewerage and Water issues are priority.

The municipality is busy engaging with other municipalities to see how they can successfully drive installation and registering of Solar Panels. She is looking forward to working with local communities. **#rebuildgamagara**

CONTENT

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Celebrating Fatherhood

An ode to our Dads



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Build an owl nest



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Vind spore rondom Dossie Park



Estate Golf Day

Our first golf day was a success



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Celebrating Fatherhood *An Ode to Our Incredible Dads!*

It's Father's Day in June and time to celebrate the unsung heroes of our lives - our beloved fathers! From their embarrassing yet endearing dad jokes to their uncanny ability to fix just about anything with a roll of duct tape, fathers are an essential ingredient in the recipe of life. So let us take a moment to appreciate and honor these remarkable beings who have mastered the art of fatherhood with equal measures of love, humor, and yes, a touch of quirkiness.

When it comes to dads, we can't help but admire their unique ability to transform into DIY gurus overnight. Need a light bulb changed? Dad's got it covered. Got a squeaky door hinge? Dad's the ultimate Q20 magician. And let's not forget their undisputed mastery of the grill, turning a simple Sunday braai into a culinary extravaganza that leaves our taste buds in awe and our stomachs eternally grateful.

But it's not just their practical skills that make fathers truly extraordinary. Their boundless love and unwavering support form the foundation of our lives. They've witnessed our greatest triumphs and caught us when we stumbled, always providing a sturdy shoulder to lean on.



And let's be honest, fathers also have an uncanny talent for bringing a smile to our faces, even in the most mundane situations. Whether it's their perfectly timed one-liners, their repertoire of cringe-worthy dance moves, or their infamous "dad fashion" sense, they effortlessly lighten the mood and remind us not to take life too seriously.

So let's raise a toast to all the dads out there. They may not wear capes, but they are the everyday superheroes who make our lives extraordinary!

TRUSTING GOD IN THE MIDST OF CHALLENGES

In the Gospel of Mark, we come across a powerful story that showcases Jesus' unwavering love and care for His disciples. It's a story that resonates with us today, as we face our own challenges, struggles, and hardships. Despite our love for God, we may find ourselves dealing with problems like addiction, abuse, and family breakups. These issues can be overwhelming and leave us feeling distressed. However, just as Jesus showed up when His disciples were in distress, we can also call upon God in our times of need. Today, we'll explore how we can trust in God's presence and seek His help, knowing that His phone line is always open to us.

In Mark 6:46-50, Jesus sends out His disciples across the sea while He remains on the mountain to pray. As night falls, a fierce storm arises, and the disciples find themselves struggling against the wind and the waves. They are far from land and their situation seems hopeless. Can you imagine the fear and desperation they must have felt? These experienced fishermen, who had faced rough waters before, were now facing a storm they couldn't handle on their own.

Likewise, we too face storms in our lives. We encounter trials that threaten to overwhelm us. It could be an addiction that seems impossible to break free from, the pain of abuse that scars our hearts, or the anguish of a family breakup that shatters our sense of security. These challenges are real, and they can leave us feeling lost and alone. But here's the comforting truth: just as Jesus was aware of His disciples' plight, He is aware of our struggles too.

In the midst of the disciples' distress, something incredible happens. Jesus comes to them, walking on the water. When they see Him, they are terrified, thinking He's a ghost. But Jesus speaks to them, saying, "Be of good cheer! It is I; do not be afraid." (Mark 6:50, NKJV) These words reassure the disciples, reminding them of Jesus' presence and His power over their situation. Their fear turns to awe and amazement.

Similarly, when we face our own storms, we can find comfort in knowing that Jesus is with us. We may not physically see Him walking towards us on the water, but He promises to be with us always. We can call upon Him, just as the disciples did. In Jeremiah 33:3, God extends an invitation to us: "Call to Me, and I will answer you, and show you great and mighty things, which you do not know." This verse serves as God's phone number, an open line for us to reach out to Him in prayer.

Conclusion:

In our journey of faith, we may encounter difficult trials that test our resolve and make us question God's presence. However, the story of Jesus sending out His disciples teaches us that even in the midst of our distress, we are not alone. We can trust in God's love and faithfulness, knowing that He is aware of our struggles and willing to come to our aid.

Just as Jesus showed up when His disciples were in need, He is ready to show up in our lives as well. We can call upon Him through prayer, seeking His guidance, strength, and comfort. We may not always understand why we face certain challenges, but we can trust that God is working through them for our ultimate good.

So, my friends, when you find yourself in the midst of life's storms, remember that Jesus is there for you. He longs to bring you peace, hope, and restoration. Reach out to Him, dial His number in Jeremiah 33:3, and experience His love.

Pastor Martin Vivier - Christian Revival Church Kathu



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RENMAR
PROPERTY DEVELOPMENTS

Straight from The Handy Man:

This issue, the Handy Man shared with us his guide to build a quick owls nest that can be placed in your garden to provide a safe and comfortable home for one of the many owl species we are privileged to share the area with.

Materials you will need:

- 1 sturdy wooden box or crate (around 30-60 cm in height)
- Exterior-grade plywood or untreated wood (approximately 1.3 cm thick)
- Saw
- Drill
- Screws
- Hinges
- Wood glue
- Wood screws
- Outdoor paint or sealant (optional)
- Natural materials for nesting (e.g., wood shavings, straw, leaves)

Step-by-step instructions:

- **Choose a suitable location:** Find a quiet and secluded area in your garden, preferably high up in a tree or on a sturdy pole. Make sure it's away from human activity to provide a peaceful environment for the owls.
- **Design the box:** Determine the size of the entrance hole based on the species of owl you want to attract. A round hole with a diameter of 7.6-10.2 cm is suitable for small to medium-sized owls. Consult a local bird expert or owl conservation organization for specific recommendations for your area.
- **Prepare the wooden box:** If your wooden box already has an open front, skip to the next step. Otherwise, create an entrance hole on one side of the box using a saw. The hole should be positioned near the top to prevent flooding and allow for ventilation.
- **Create a hinged door:** Cut a piece of plywood or untreated wood to match the size of the front opening of the box. Attach hinges to one side of the door and the corresponding side of the box. This will allow you to open the door for cleaning or monitoring.
- **Assemble the box:** Using wood screws, attach the plywood or untreated wood to the front of the box, making sure the entrance hole lines up with the hole you created earlier. Apply wood glue along the edges for added stability.
- **Paint or seal the box (optional):** To protect the wood from the elements, you can paint the box with outdoor paint or apply a sealant. Choose a color that blends well with the surroundings.
- **Mount the box:** Depending on your chosen location, you may need to attach a mounting bracket or secure the box to a tree or pole. Make sure it is firmly fixed and stable.
- **Add nesting materials:** Place a layer of wood shavings, straw, or leaves at the bottom of the box to provide a soft and cozy nesting spot for the owls.

- **Maintenance and monitoring:** Regularly check the box for any signs of damage or wear. If necessary, clean out the box during the winter months when owls are less likely to inhabit it.

Remember, it may take some time for owls to discover and use the nest box. Be patient and allow nature to take its course. Providing a safe and suitable habitat can help attract these beautiful creatures to your garden.



Take a stroll through the memories of yet another successful mini event at the Kalahari Country Club. If you haven't joined in on the fun yet you certainly missed out on a lot.

Contact us for more information on future events or join our WhatsApp group to stay up to date with all the latest events.

See you soon!!

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Please contact Natasha on 081 808 8515 or alternatively email: Natasha.staniforth@alisom.co.za

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Nurturing Mental Wellbeing: Embracing Mindfulness for a Balanced Life

In an era marked by increasing demands and stressors, it is crucial to recognize the importance of maintaining good mental health.

Statistics indicate that mental health concerns affect a significant portion of the global population. According to the World Health Organization, approximately 1 in 4 individuals will experience a mental health condition at some point in their lives. Moreover, anxiety and depression are among the leading causes of disability worldwide.

Warning Signs of Burnout:

Burnout, a state of chronic physical and emotional exhaustion, is increasingly prevalent in today's fast-paced society. Identifying warning signs of burnout can empower individuals to take proactive measures for self-care. Some common indicators include:

- **Physical and emotional exhaustion:** Feeling drained, fatigued, and emotionally depleted, even after adequate rest.
- **Detachment and cynicism:** Developing a negative or cynical outlook, withdrawing from social interactions, and experiencing a loss of enjoyment in previously pleasurable activities.
- **Reduced performance:** Struggling to concentrate, experiencing decreased productivity, and making errors more frequently.
- **Physical symptoms:** Experiencing headaches, sleep disturbances, muscle tension, and other physical manifestations of stress.

Mindfulness, a practice rooted in ancient traditions, has gained recognition as a powerful tool for enhancing mental wellbeing. It involves consciously bringing attention to the present moment without judgment. Incorporating mindfulness into our daily lives can help alleviate stress, reduce anxiety, and cultivate emotional resilience.

Here are some effective mindfulness practices:

- **Meditation:** Spend a few minutes daily in quiet meditation, focusing on breath or a point of attention.
- **Mindful breathing:** Pause and engage in conscious breathing throughout the day to relax and reduce stress.
- **Gratitude journaling:** Reflect on daily moments of gratitude to foster a positive mindset.
- **Engaging the senses:** Pay attention to surroundings, engaging senses for present-moment awareness.
- **Self-compassion:** Treat yourself with kindness and understanding during challenging times.

As we navigate the complexities of modern life, prioritizing mental wellbeing becomes increasingly crucial. By recognizing warning signs of burnout and embracing mindfulness practices, we can enhance our mental resilience, reduce stress, and cultivate a healthier, more balanced life.

Winter Soup Recipe



Creamy Tomato Soup with Grilled Cheese Croutons

Ingredients:

- 800 grams canned diced tomatoes
- 400 milliliters vegetable broth
- 200 milliliters heavy cream
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh basil leaves, for garnish

For the Grilled Cheese Croutons:

- 4 slices bread
- 100 grams cheddar cheese, grated
- Butter for spreading

Instructions:

In a large pot, heat the olive oil over medium heat. Add the chopped onion and minced garlic, and sauté until softened and fragrant.

Add the canned diced tomatoes (including the juice), vegetable broth, dried basil, and dried oregano to the pot. Season with salt and pepper to taste. Stir well and bring the mixture to a simmer. Let it cook for about 15-20 minutes.

Use an immersion blender or transfer the mixture to a blender and blend until smooth.

Return the soup to the pot and stir in the heavy cream. Heat the soup over low heat until warmed through.

Meanwhile, prepare the grilled cheese croutons. Butter one side of each bread slice. Place the slices, buttered side down, in a skillet over medium heat. Sprinkle grated cheddar cheese evenly over two bread slices. Top with the remaining bread slices, buttered side up. Cook until the cheese is melted and the bread is toasted on both sides. Remove from the skillet and let it cool slightly. Cut the grilled cheese sandwiches into small crouton-sized squares or triangles.

Serve the creamy tomato soup hot, garnished with fresh basil leaves and accompanied by the grilled cheese croutons.

Bernice Van Der Walt

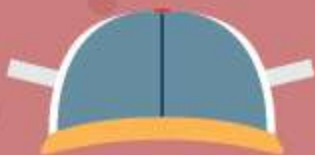
DASSIE PARK

We are very proud of the progress of our new playground.
The park is to play, run and to have fun!

Unfortunately Winter is delaying growth, but we are looking forward to Spring, to continue with the establishment of the park. Congratulations to Lyndre De Waal, the winner of the playground name competition.



Toeriste Papier Pop



Vind en merk
die spore rondom
Dassie Park



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☐


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**PROUDLY
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1ST GOLF DAY
ON 6 MAY 2023**

On the 6th of May Kalahari Golf & Jag held their first golf day. We are proud and thankful that we had 72 entries in the field and as the photos show, the guys had a ball of a time.

The format we choose to play was a full American scramble; this format lends a hand to the not so good golfers. The total prize money was about R15 000.

Thank you very much to our sponsors:

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- Pick n Pay

We want to invite all the upcoming golfers living on the estate to please enter next years for this event because we want to grow this event to one of the **not to miss** golf days.



FROM THE DESK OF THE CHAIR PERSON



Dear Reader,

Can you believe it; this year is almost at its halfway mark. A lot of things happened in the first six months. We are happy to announce that the majority are indeed good and positive for the estate.

Let us start with the not so good. As we are living in fast and convenient times one tends to make use of offers at hand, like home deliveries from supermarkets, fast food etc and it is fine to do so. We want everything fast and on our own terms. These things come obviously at a price. The delivery guys, delivering the items at our doorstep, have just one goal: "to deliver on time" They break the estate rules on a daily basis. We cannot allow this trend to continue. The necessary steps will be taken against the perpetrators. We also ask that you, as homeowners, are on alert for these transgressions.

Positive projects that are in process or completed:

- Surely you would have notice the building activities of the office block at the western gate and we are happy to announce that we are already at the halfway mark.
- One camera pole was moved successfully, from a not so useful area, to assist with more coverage on that specific line at Kalahari drive.
- The construction of the recreational area for our kids also continues. We can report that the grass and scrubs were planted and the climbing frame was erected. We ask that only children 10years and younger make use of the climbing frame. The park got its name through a competition that was run. DASSIE PARK and the winner of this competition is announced elsewhere in this edition.
- The golf day that was held on the 6th of May was a huge success.

Let's keep doing these good things and stand together in taking the estate to an even better place of tranquillity.

Keep warm!

Until next time

Floris Kruger

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- 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
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Fire Department Office	053 739 7222
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IN CASE OF AN ENQUIRY REGARDING ELECTRICITY, WATER, SEWAGE, REFUGE REMOVAL:

GAMAGARA MUNISIPALITEIT:

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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

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- 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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