

The Chat



The Chat | 2024 Volume/Uitgawe 15

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.

THE CAMELTHORN TREE: A PILLAR OF THE KALAHARI

Nestled within the arid landscapes of the Kalahari, the Camelthorn tree (*Vachellia erioloba*) stands as a symbol of resilience and tradition. Known locally as the "Kameeldoring," this iconic tree is more than just a striking silhouette against the desert sunset—it's a vital part of the region's heritage, rich in history, myth, and practical use.

A TREE WITH DEEP ROOTS IN HISTORY

The Camelthorn tree has long been revered by the indigenous San people, who have called the Kalahari home for thousands of years. Its deep roots, which can reach water reserves far beneath the desert surface, have inspired countless tales of endurance and survival. For the San, the tree was not just a source of shade; it was a vital resource in a harsh environment. The seeds, pods, and bark were used in traditional medicine, treating ailments ranging from fevers to digestive issues.

MYTHS AND LORE

Local folklore often speaks of the Camelthorn as a sacred tree, believed to be a link between the earth and the heavens. Some legends tell of ancient spirits dwelling within its branches, offering protection to those who rest under its canopy. It is said that the tree's thorns, sharp and formidable, were designed by the gods to protect its precious resources from those who might take more than they need.

FUN FACTS AND LITTLE-KNOWN BITS

- The Camelthorn tree is incredibly slow-growing, with some trees estimated to be over 300 years old.
- It is a keystone species in the Kalahari ecosystem, providing habitat and food for a wide range of wildlife, from insects to large mammals.
- The tree's wood is one of the hardest in the world and has been used historically for making tools, weapons, and even as firewood that burns long and hot.

MODERN USES

Today, the Camelthorn tree continues to serve the local communities. The pods are still used as a nutritious fodder for livestock, while the wood is prized for its durability in crafting furniture and other goods. Environmental conservationists also recognize the tree's importance in maintaining the delicate balance of the Kalahari's ecosystem, making efforts to protect and preserve this ancient species.

The Camelthorn tree is not just a part of the landscape; it's a living testament to the resilience and ingenuity of the people and creatures that thrive in the Kalahari. *As you stroll through the Estate, take a moment to appreciate this remarkable tree, whose legacy is as deep-rooted as its mighty taproots.*

CONTENT *highlights*



Oom Grote Boom



KCC Sport Hub and
Wellness Center



Koeksisters Bak
in Hoopstraat



Estate Golf Day
2024



SEPTEMBER
2024



ACTIVITIES ON KALAHARI GOLF ESTATE

KGJL Office

Our new offices at the Western gate were built and we invite all homeowners to visit us for your administrative needs.

Houses

- Already built - 196 houses (including 4 guest houses)
- Build in 2024 - 15 houses (already completed)
- Under construction - 10 houses

Roads paved

Teiken- and Teleskoop slot are being paved as I write here.

Dassie Park

- Full lawn has been planted.
- Concrete slab for Pickle Ball and Volleyball will be completed during summer time if and when funds are available.
- We are also planning a “bring and braai”, date will be communicated.

10 Ha addition to the Estate

The 10ha addition to the estate was done and is open for visitation by owners on the estate. Home owners can purchase a key at the Administrative office.

Reduction of game

6 springbuck and 6 Impala rams were caught and relocated to minimize the load on the golf course and damage done to the greens.

Ysters op die Landgoed

The current series of “Ysters op die Landgoed” includes a program made on Sishen Golf Course during May this year and will be broadcast on 21 September, channel 144 on DSTV.

Lifestyle units at the Western gate

2 units were completed, and the rest are in a planning. If you need more information regarding these units, please feel free to contact Mr Floris Kruger.

Safety on the Estate

We can report that there were no break-ins during this year. Please always be on alert. Speeding on the Estate remains a big concern. Management is considering alternative options to prevent this from happening.

Spring Run on the Estate

This year's Spring Run will be held on 5 October and we encourage everybody to take part, it is great fun to be out on the road with friends and family. Starting times will be communicated.

Golf day

Our golf day took place during May and was a huge success. We would like to invite everybody, players, owners and sponsors to take part in this exciting event next year.

Municipal Inspections

The Gamagara Municipality decided that in future, sales of plots and houses will undergo inspection before a clearance certificate will be issued. Something to take note off.

Estate greetings

Estate Management



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Oom Grote Boom *deur Ds Stefanie Vermaak*

*"Here, ons Here,
hoe wonderbaar is u Naam oor die hele aarde,
hoe glansryk alles wat U in die hemelruim geplaas het!"*
~ Psalm 8:2

Wanneer Ek so wandel deur die mooi stukkie bos in die hartjie van die Kalahari kan ek nie anders as om myself aan daardie teks gedeelte te herinner nie. Hoe wonderlik is alles wat God geskape het? Elke Kameeldoring het sy eie storie, sy eie kronkel-takke wat vertel van die goeie en slegte jare. Sommiges het die voorreg om 'n goeie huis te kry, wat ondersteuning bied vir die swaar takke, en help water gee vir die droë jare.

Wanneer ek onder deur die koelte van oom Grote Boom loop dan is dit asof n onverstaanbare kalmte my oortref. Dit is amper of sy storie vir my 'n veilige vesting bied waaronder ek myself weer kan vind. Hy vertel my dat hy steeds bly groei, tenspyte van die swaar en droë jare. Hy bly groen tenspyte van die wind en die weer. Indien hy nie die voorreg het om by n goeie huis te groei soos ander nie, keer dit hom nie. Oom Grote Boom herinner my daaraan dat Elia God se teenwoordigheid gesoek het in die wind, die aardbewing, die vuur, maar het dit gevind in die fluistering van die wind stilte. Hoe dikwels hoor oom Grote Boom van die gefluister van die windstilte? Dit is waar hy sy krag vandaan kry.

Hier sit ek, klein en nietig onder oom Grote Boom. "As ek u hemel aanskou, die werk van u vingers, die maan en die sterre waaraan U 'n plek gegee het, wat is die mens dan dat U aan hom dink, die mensekind dat U na hom omsien? U het hom net 'n bietjie minder as 'n hemelse wese gemaak en hom met aansien en eer gekroon, U laat hom heers oor die werk van u hande, U het alles aan hom onderwerp: skape en beeste, alles; selfs die diere in die veld, die voëls in die lug, en die visse in die see wat die oseane deurkruis." ~ Psalm 8:4-8

Watter voorreg het ek, nietige klein mensie om te heers oor die Here se werk. Die werk wat ek dikwels afskeep... verniel. Oom Grote Boom se storie is my storie ook. Ek is so verganklik soos die skadu van oom Grote Boom, herinner Psalm 144:4 my. Laat ons nie vaskyk in ons verganklikheid, kleinheid en nietigheid nie. Maar mag ons onself herinner, wanneer ons so moedeloos onder oom Grote Boom sit, dat die Grote God oor ons die woorde van Psalm 139:17-18 uitspreek.

"Hoe wonderlik is u gedagtes vir my, o God, hoe magtig hulle almal! As ek hulle sou wou opnoem – hulle is meer as wat daar sand is, en as ek daarmee klaar is, sou ek nog steeds met U te doen hê."



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WELCOME BACK TO KCC SPORT HUB AND WELLNESS CENTER!

As the seasons change and we all return to our routines, there's no better time to reacquaint yourself with the fantastic facilities and activities available right here at KCC Sport Hub and Wellness Center. Whether you're a seasoned athlete, a fitness enthusiast, or someone looking to explore new ways to stay active and healthy, our center offers a diverse range of sports and wellness options designed to cater to every interest and skill level.

As we reintroduce these offerings, we encourage you to take full advantage of the opportunities to connect, compete, and unwind in an environment dedicated to your well-being.

This season, let's get moving together and make the most of everything KCC has to offer!

JOIN THE FITNESS GENERATION! (EMS) ELECTRICAL MUSCLE STIMULATION.

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It is not just an exercise. It is training to live well so you can love life!



DISCOVER THE POWER OF WATTBIKES AT KCC

Beginner or advanced cyclist? Come and enjoy a Wattbike session at KCC Sport Hub and Wellness Center. Indoor cycling is an excellent way to improve strength, endurance, and cardiovascular fitness while burning calories, increasing stamina, and reducing stress levels—all within the safety of the indoors.

Our Wattbikes offer a versatile range of training and event programs, from off-season conditioning to Tour de France-level preparation, including some of the most famous race climbs. These advanced stationary bikes provide a top-tier indoor cycling experience with accurate data tracking to help you monitor your progress and achieve your fitness goals.

For a more economical and safer cycling experience, bring your cellphone, water bottle, and towel, book your appointment, and make today your DAY 1 on the path to better fitness. Come experience the difference and see how Wattbikes at KCC can help you ride stronger and smarter!



EXPERIENCE THE THRILL OF OUR BOWLING GREEN

Looking for a fun and social way to stay active? The KCC Bowling Green is the perfect spot for both casual and competitive play. Whether you're a seasoned bowler or just starting out, our beautifully maintained green offers a relaxing environment to enjoy the game. It's a great way to meet neighbors, enjoy the outdoors, and challenge yourself with a classic sport. Join us on the green and roll into a great time!

SERVE UP SOME FUN ON OUR TENNIS COURTS

Tennis enthusiasts, rejoice! The KCC Sport Hub features pristine tennis courts that are perfect for players of all levels. Whether you're practicing your serve, engaging in a friendly match, or participating in one of our organized tournaments, our courts provide the ideal setting for both competitive and recreational play. With top-quality surfaces and lighting for evening games, the KCC courts are your go-to spot for tennis all year round.



PUSH YOUR LIMITS WITH CROSSFIT AT KCC

For those who thrive on high-intensity workouts, the CrossFit area at KCC Sport Hub is where you'll want to be. Equipped with everything you need for a challenging and varied workout, our CrossFit box is designed to push your limits and build strength, endurance, and agility. Whether you're a CrossFit veteran or new to the discipline, we support all fitness levels and offer a supportive community to help you achieve your personal best. Get ready to sweat, challenge yourself, and transform your fitness journey with us!





KTS - KATHU TWEEKAMP & SWEM KLUB

Ons bied aan:

- Learn to Swim (by KCC se verhitte LTS swembad) Maandae - Donderdae: 12:00 - 18:30
- Leer van Swemstyle op alle vlakke.
- Junior & Senior Elite Squads: wat oefen by KCC Outdoor 50m swembad (Ons senior squads het van die beste presteer in Noord-Kaap afgelope seisoen).
- Tweekamp (Swem & Hardloop): Atlete van beginners Tot op Nasionale Vlak.
- Adult Swimming Lessons & Adult Learn to swim lessons.

Ons fokus op kwaliteit afrigting en om 'n liefde vir swem te kweek van 'n leeftyd sal hou.

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MONTH - MONTH CONTRACTS

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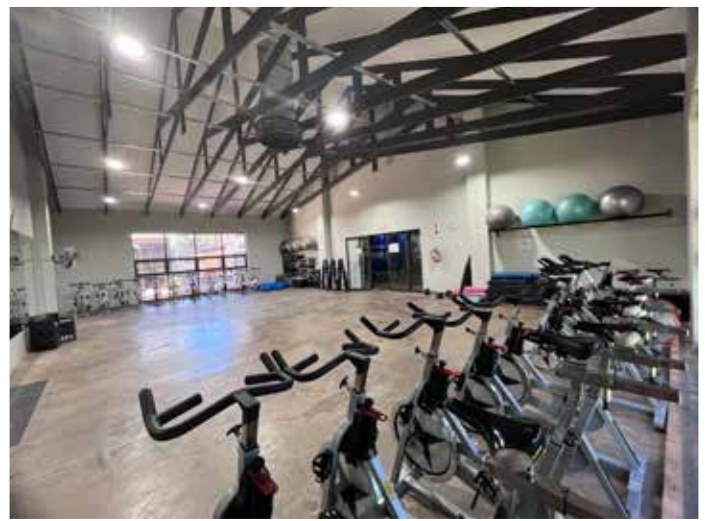
All contracts pay an once
off admin/joining fee
of R 250

GET FIT AT THE FITNESS FACTORY!

The Fitness Factory at KCC Sport Hub and Wellness Center offers a variety of classes and services to help you stay active and healthy. From high-energy spinning, aerobic, and step classes to conditioning workouts, there's something for everyone, no matter your fitness level.

Our fully equipped gym has everything you need, including a HIIT and functional training studio, an indoor heated pool, a Supercircuit area, and even a toddler room for busy parents. Enjoy the convenience of our shower and changing facilities after your workout.

We also provide additional services like personal training, body assessments, biokinetics, and rehabilitation programs to support your fitness journey. Whether you're looking to build strength, recover from an injury, or simply stay fit, the Fitness Factory has you covered. Join us today and start achieving your fitness goals!





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Koeksisters bak in Hoopstraat

Ek het grootgeword op Robertson in die Boland. In Hoopstraat het ons klomp kinders in mekaar se tuine gespeel, ons het in die vrugtebome geklim en die tantes in die kombuise besoek, waar hulle altyd besig was met brood en kleinkoekies bak, met vrugte inlê of met interessante kosse kook.

Soms het die ma's saamgewerk om vir 'n basaar of fondsinsameling te bak; dan was ons kinders deel van die "tuisnywerheid".

So moes ons eendag help koeksisters bak. Die tantes het die vorige dag die stroop gemaak en in die yskas laat afkoel. Die deeg is aangemaak en daar is toebroodjies en boontjiesop gemaak vir middagete.

Ons sou onder die vyeboom bak, maar 'n verskriklike wind het begin waai. Oom Gert se motorhuis is leeggemaak en die tafels daarin gedra. Die garagedeur is toegemaak en ons het op 'n ry langs die tafels gestaan en koeksisters vleg.

Dit was die hele straat se seuns- en meisiekinders, van voorskool tot hoërskool. Ons het almal voorskooie aan gehad, 'n goeie ding – want binnekort was ons van kop tot tone bemors met deeg en meel.

Aan die een punt van die ry was my ma met die rolstok. Sy het die deeg eers met die hande platgedruk op die meelbestrooide tafel en toe met flinke rolbewegings die deeg uitgerol.

Dan was daar Yvonne Britz met die koeksisterdrukker. Sy het die koeksisters uitgedruk, sodat almal ewe groot kan wees en dit aangestuur met die ry af.

Ons het gestaan en met lompe kindervingers gevleg; dié wat daardie dag nog nie kon vleg nie, het gou geleer.

Aan die einde van die ry was Maggie Pepler met die primusstoof, wat sy kort-kort gepomp het.

Dit was 'n lekker dag. Daar was die gesiss van koeksisters in die borrelende kookolie, die opslurp van soetigheid as dit in die koue stroop geplons word, die vingerbrand-proe van die goudbruin vlegsels.

Ons was die hele middag besig. Toe al die vlegsels gebak is en die koeksisters in stapels op die draadrakke lê, het die tantes gesmag na koffie.

Die motorhuisdeur is oopgemaak en ons het verwonderd na die dag buite gekyk. Die wind het gaan lê en dit was 'n soel Bolandse middag. Ons het uitgehardloop in die tuin, vol energie van die oordaat suiker- en daar was die warm geur van vyeblare.

Die tantes het langbeen op die stoep gaan sit, elkeen met 'n koppie koffie en 'n broos koeksister.

KOEKSISTERS

Jy kan nie vandag besluit nou gaan ek koeksisters maak nie. Jy moes dit al gister besluit het, want om goeie koeksisters te bak, moet jou deeg en jou stroop goed koud wees. Dit is beter om dit die vorige aand te maak en oornag in die yskas te laat afkoel.

STROOP:

1.6kg (8 k) suiker
1l water
20ml (4 t) gouestroop
2.5ml (1/2 t) kremetart
1.25ml (1/2 t) wynsteensuur

2.5 ml (1/2 t) sout
10ml (2 t) gliserien
4 stukke pykpaneel of 15 ml (1 E) gemmerpoeier

Bring die suiker, water en gouestroop stadig tot kookpunt. Laat dit kook vir 5 minute – hou dop, dit kook maklik oor.

Haal af van die stoofplaat en roer die res van die bestanddele by. Sit in die yskas, want die stroop moet baie koud wees as jy koeksisters bak.

DEEG:

500 g (4 k) meelblom
20 ml (4 t) bakpoeier
5 ml (1 t) Sout
60 ml (1/4 k) botter
375 ml (1 1/2k) melk
1 eier
Ml (1 bottel) kookolie vir diepbraai

Sif meel, bakpoeier en sout saam. Vryf die botter in die droë bestanddele sodat dit soos krummels lyk. Klits die melk en eier saam en voeg dit by die meelmengsel.

Meng om 'n sagte deeg te vorm wat maklik sal uitrol. Spuit 'n plastieksak met kleefwerende kossproei, sit die deeg daarin, maak toe en laat staan oornag in die yskas.

VLEG DIE KOEKSTERS:

Die volgende dag word die deeg uitgerol tot 'n dikte van 5 mm. Sny dit in stroke van 1 cm breed en 9 cm lank. Vleg die stroke en sny dit korter sodra daar so drie knope in die vlegsels is. Jy kan drie koeksisters per vlegsels kry. Druk die punte vas aan beide kante sodat die vlegsels nie kan loskom nie.

Verhit kookolie in 'n swaarboomkastrol. Gooi 'n stukkie deeg daarin. As dit onmiddellik boontoe kom, is jou olie warm genoeg.

Dompel die koeksisters in die diep olie, net 'n paar op 'n slag, sodat die olie nie afkoel nie. Draai die koeksisters om met 'n vurk. Na ongeveer twee minute is die koeksisters goudbruin gebak.

Hou die kastrol met die koue stroop eenkant in 'n bak ys. Lig die koeksisters met 'n gaatjieslepel uit, laat 'n oomblik afdrup en sit dit op 'n koekrakkie om 'n oomblik te dreineer. Tel die koeksisters feitlik onmiddellik op – dit mag nie afkoel nie – en laat sak dit in die yskoue stroop.

Die koeksister moet so warm en die stroop so koud wees dat die koeksister die stroop met 'n duidelik hoorbare sissgeluid opsuig – koeksissster.

Lig die koeksisters met 'n gaatjieslepel uit die stroop en sit op 'n koekrakkie sodat die oortollige stroop kan afdrup. Sit 'n oondpan onder die koekrakkie, want dis 'n vreeslike taai affêre wat daar afdrup.

WENKE

- Bak kort koeksisters as dit vir 'n funksie is. Bak langes vir jou vriende.
- As koeksisters in die yskas gehou word, raak die kors krummelrig soos brood – dis beter om dit te vries.
- Koeksisters vries goed. Haal dit 'n halfuur voor die dominee kom kuier uit die vrieskas, want dit ontthooi vinnig.

SPRING RUN



5 OKTOBER 2024

- | | |
|----------------|----------------|
| ▶ 5KM FUN RUN | ▶ 10KM RUN |
| ▶ R30 | ▶ R50 |
| ▶ START: 07H30 | ▶ START: 07H00 |

REGISTRATION:

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OR the morning before
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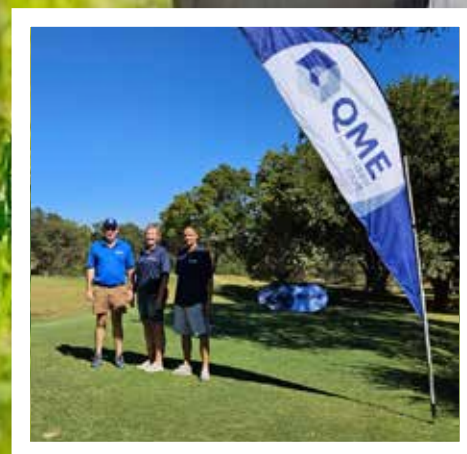
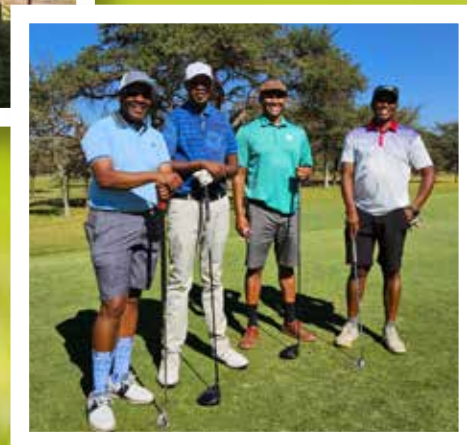
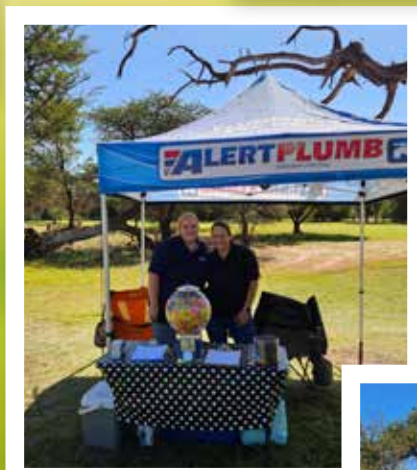
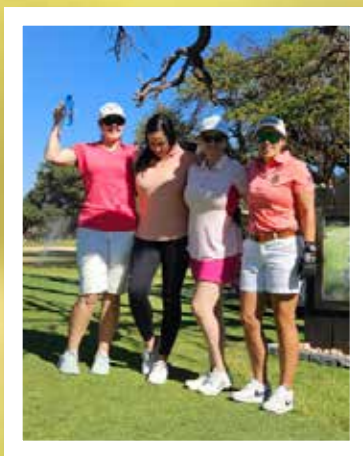


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1 Rosepark Street, Kameeldoring Ext. Kathu (WORKSHOP)

KALAHARI GOLF ESTATE GOLF DAY MAY 2024



SISHEN GOLF CLUB **DATES TO REMEMBER**

31 AUG: LAERSKOOL KATHU GOLF DAG

7 SEPT: CURRO GOLF DAG

14 SEPT: MEDAL

17-22 SEPT: SUNSHINE TOUR

28 SEPT: FOURSOMES

5 OKT: MEDAL

12 OKT: MANITOU GOLF DAG

19 OKT: ECM GOLF DAG

26 OKT: HOëRSKOOL KATHU GOLF DAG

2NOV: IPS GOLF DAG

9 NOV: MEDAL

15 NOV: SISHEN MYN GOLF DAG

16NOV: IPS

23 NOV: SISHEN MASTERS

30 NOV: KATEXIS GOLF DAG.





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Collection of municipal accounts from municipality, monthly reconciliation of accounts to ensure payment allocations. Account payments on behalf of the clients.



Management of prepaid

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Prices differs depending on the type of food being ordered, the following is available: Breakfast packs, Lunch packs and Dinner packs.



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Price will be determined upon choice of food and quantity.



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Purchase and delivery of a variety condiments for the property or office, example coffee, tea, rusks, milk etc.



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KALAHARI

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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:

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/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

inverse.ze@gmail.com / 072 466 3121

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