

# Kormorant

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Photo: Sonja Iqbal

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Arrie Nel Ifafi Aptek en Kliniek bied nou 'n na-ure dokters-diens aan vir noodgevalle.

I am **Keri De Waal**  
082 560 3243  
Hartbeespoort Agent  
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**MUSIC**

<b>FRI 17 MAY</b>	DANNY
<b>SAT 18 MAY</b>	EVERT SWART MARCEL DALMAYA
<b>SUN 19 MAY</b>	CALL FOR COVER

**WEEKLY SPECIALS**

TUE	SCHNITZELS	R65
WED	T-BONE 1/2 KG PRAWNS	R95 R99
THU	400G RIBS	R65
FRI	EISBEIN	R105

**MON - FRI HAPPY HOUR 3 - 7PM**



# Man ongedeed na kar brand



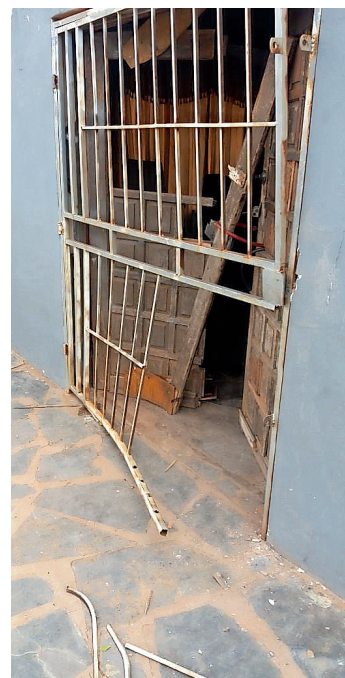
Die bestuurder van hierdie Toyota Land Cruiser was gelukkig om nie beserings op te doen nie toe die kar in die vroeë oggendure Sondag op die kabelspoorpad in Hartbeespoort aan die brand geslaan het. Die oorsaak van die brand is nie bekend nie.

## Day care centre robbed in Refentse

Thieves broke into a day care centre in Refentse on Wednesday and stole much needed equipment and food.

Criminals forcefully gained entry at Tshwaraganang Day Care Centre and stole a gas stove and a gas cylinder. The criminals made an opening at the bottom corner of the door which they used to gain access into the kitchen. After ransacking the kitchen, they broke into a classroom where food and other day care centre necessities are kept. "They took food, blankets, toilet paper and wipes for the children," said Venoliah Moreba, owner of Tshwaraganang Day Care Centre. It is not the first time the day care centre suffers this kind of attack. According to the heartbroken Venoliah, criminals have broken into the centre four times since the start of operations. "I report this to the police, they come and take a statement and fingerprints but no arrests are being made," added Venoliah. During the same night, a local church situated next to the day care centre suffered similar attacks. Criminals broke into the Revelation of Jesus Christ church and made off with speakers, amplifier and other loot. This is the second church to be robbed in Refentse in a short period of time. The church believes there is a syndicate operating in the area targeting places of worship.

The incidents have been reported to the police.



The church at Refentse that was broken into.

## Serial rapists caught in Brits

Two serial rapists who have been terrorising women in the Bethanie area, were arrested last week.

"The suspects, Sello Molefe (37) and Sello Sedile (40), were arrested on Monday, 6 May 2019, on charges of rape. Molefe and Sidile were arrested for the alleged rape of numerous females in Modikwe and Barseba in Bethanie near Brits the past months," said police spokesperson Captain Sam Tselanyane.

"It is alleged that the suspects targeted women on their way home from visiting taverns. The suspects would approach their

victims from behind and threatened them with either a knife or firearm. The suspects would then drag the victims to the bushes where they took turns in raping the women. The two were nabbed after intensive police investigations that led to the discovery of a stolen cellular phone, believed to belong to one of the victims. A charge of armed robbery was also added."

Suspects appeared briefly in the Brits Magistrates' Court on Thursday, 9 May 2019 and were remanded in custody until Tuesday, 14 May 2019, where Sedile was granted R1 000 bail.

## Man missing from Bethanie



The police and family of Aaron Tshephe (54) are urgently looking for him after he went missing from Bethanie near Brits in March 2019. Anyone with information regarding the whereabouts of Tshephe are requested to contact the investigating officer, Constable LM Malepa of the Bethanie Detective Service on 012 260 2987.

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## Twée plaasaanvalle in Skeerpoort

Twée mense is die afgelope week in twee voorvalle op plase in Skeerpoort aangeval en beroof.

'n Man is verlede Dinsdag kort voor 17:00 deur twee van sy Malawiese werkers aangeval, met 'n vuurwapen gedreig en vasgebind voor hulle die huis beroof het.

"Die boer het ongeveer 16:43 met 'n bottel melk vir die lammers na die skaapkraal toe gestap en die bottel melk aan 'n werker oorhandig om die lammers te voer. Die volgende oomblik het die werker hom vasgegryp en nog 'n werker het kom help. Die boer is met 'n vuurwapen gedreig en beveel om stil te bly of hy word doodgemaak," het Romano van der Spuy, voorsitter van die Hartbeespoort gemeenskapspolisieringsforum, gesê.

Die twee werkers het die man na 'n motorhuis geneem waar hulle sy hande en voete vasgebind het. Hy is met die vuurwapen gedreig en gevra waar die geld

en kluis is.

"Die twee rowers is na die huis waar hulle televisiestelle, kontant, skoene, 'n horlosie en 'n vuurwapen gesteel het voor hulle op vlug geslaan het. Die boer kon daarin slaag om homself los te wikkels en het hulp ontbied." Die twee rowers is steeds op vrye voet en die polisie ondersoek 'n saak van huisroof. In nog 'n plaasaanval Sondag, is 'n vrou kort voor 14:00 buite haar huis op 'n plaas in Skeerpoort oorval en met 'n mes gedreig voor 'n man haar beroof en gevul het. "Die vrou het pas by die huis gestop toe sy deur 'n man met 'n mes oortrompel is. Hy het haar met 'n mes teen die keel gedwing om die huis oop te sluit waar hy twee skootrekenaars en selfone gesteel het. Hy het hierna weggehardloop, maar die skootrekenaars laat val. Hy het met die selfone weggekom."

Niemand is ernstig in die aanvalle beseer nie.

## De Wildt becomes hijackers' dumpsite

It seems De Wildt has become a victim dumpsite for hijackers.

A third victim, in one week, was found next to the R513 on Saturday morning. The bloodied man was unconscious and it was established that he had been kidnapped in Sandton and dumped in De Wildt. The hijackers fled with his car. The man was taken to hospital for treatment. The Mmakau police are investigating a hijacking case.

Last Thursday two hijacking victims were found within hours of each other in De Wildt.



This hijacked man was found unconscious along the R513 in De Wildt.

## Bejaardes met wapen aangehou, beroof

Twée bejaarde vroue is Dinsdag helder oordag by 'n huis in Schoemansville oorval, met 'n vuurwapen aangehou en beroof.

"The vroue, onderskeidelik 78 en 81, was in die tuin by die huis in Waterfrontstraat toe twee rowers hulle oorval het. Die 78-jarige einaar van die huis het pas die hek vir haar 81-jarige vriendin oopgemaak en hulle was nog in die tuin toe 'n man ongesiens die perseel binne gekom het. Die vroue het hom eers gewaar toe hy met 'n televisiestel en selfoon uit die huis kom. Skielik was nog 'n man by die twee vroue en het die 81-jarige se handsak gegryp. Sy het haarself teëgesit en toe pluk die man 'n vuurwapen uit en dreig om haar dood te skiet," het Romano van der Spuy, voorsitter van die Hartbeespoort

gemeenskapspolisieringsforum, gesê.

Die twee mans het met hul buit in 'n wit bakkie met 'n kap, waarin 'n bestuurder gewag het, gespring en weggejaag.

Die vroue is nie beseer nie en die Hartbeespoort polisie ondersoek 'n saak van gewapende huisroof.

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# Hartbeespoort sangpaar mik na roem

'n Paarjie van Hartbeespoort is besig om opgang te maak in die Afrikaanse musiekwêreld met hul eerste kortspeler was pas vrygestel is.



Armand en Andrea Espach se kortspeler, *Sê dit harder*, is met uiters goeie resensies ontvang en word as 'n "vars briesie in die musiekindustrie" beskryf.

Bekend as *Skemer*, die jong sangpaar, sê die uitreiking van die kortspeler 'n droom wat waar geword het en hulle beskou dit as die begin van 'n opwindende toekoms in die musiekwêreld.

"Ons is ongelooflik trots en opgewonde. Dit verg baie harde

werk en uithouvermoë in die musiekbedryf," sê die paar. Die twee sing al die afgelope jaar saam na hulle sowat 'n jaar gelede op Facebook ontmoet het. "Ja, ons is 'n Facebook-liefde. Ons het mekaar op Facebook raakgesien en bymekaar gekom om 'n duet in Armand se ateljee op te neem. En toe raak ons verlief en besluit om saam 'n loopbaan aan te pak," lag Andrea.

Vir dié twee is musiek nou hul amptlike loopbane. "Ons tree by feeste, funksies en vermaakplekke op en geniet elke oomblik. Dit is wat ons albei wil doen. Ons leef ons droom."

Hul eerste vrystelling, *Sê dit harder*, word beskryf as 'n moderne Country-liedjie met 'n popmusiek-inslag. "Ons is nou besig om aan 'n CD te werk wat die einde van die jaar vrygestel word."

Armand sing al die afgelope ses jaar professioneel en is 'n bekende stem by vermaaklikheidsplekke en het al die belangstelling van groot name in die Afrikaanse musiekwêreld geprikkel. Hy het onder meer vertonings vir Theuns Jordaan en Juanita du Plessis geopen.

Andrea, met haar strelende stem, sing en dans sedert sy 14 was en het die eerste Copperstone-talentkompetisie gewen.

Sedert hulle saam begin sing het, het hulle alreeds onder meer saam met Prime Circle opgetree.

"Ons het albei grootgeword met musiek in die huis en dit was ons albei se passie. Ons is byna elke naweek op die verhoog en ons mikpunt is om in elke dorp in die land op te tree. Ons musiek moet oor mense se lippe rol," sê Andrea. "Ons wil met mense se harte praat deur ons musiek. *Sê dit harder* is dan ook 'n lied oor die deel van gevoelens. Mense is dikwels te skaam om hul gevoelens vir 'n spesiale persoon te openbaar want dit stel jou bloot, maar ons wil almal uitdaag om hul gevoelens te wys. Dit is belangrik om gevoelens te deel." *Sê dit harder* is op iTunes bekikbaar en 'n musiekvideo sal binnekort die lig sien.



## Wenner van Moedersdagkoek



Hartbeespoort-inwoner, Sonja van Wyk (middel) is die gelukkige wenner van die Get It se Moedersdagkompetisie in Mei. Een gelukkige leser kon 'n baie spesiale ontwerperskoek van Heidi Nel (regs) se Heidirella Petal Cakes-bakkerij wen. Sonja se dogter, Celeste Bekker (links) het haar ma ingeskryf.

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- J.K. Rowling -



## Municipality fails to address sewage crisis at Ifafi estate



The Venice Village Estate in Ifafi is still literally drowning in sewage despite the fact that local ward councillors and the Kormorant have asked for urgent intervention from the Madibeng municipality. Thousands of litres of sewage are running through the estate and directly into the Hartbeespoort Dam since the pump station at the estate stopped functioning two months ago. After a visit by Kormorant and ward councillor Erna Rossouw, the municipality apparently attempted to stop the sewage spill but failed. It has now become a serious health threat to residents in the estate as well as the dam. Repeated enquiries to the municipality have been ignored. A criminal case against the municipality has been opened at the Hartbeespoort police station.

## Necsa CEO fired



Necsa CEO Phumzile Tshelane has been fired.

South African Nuclear Energy Corporation (Necsa) CEO Phumzile Tshelane has been fired from his post and removed from the organisation's board, Energy Minister Jeff Radebe announced on Tuesday.

"The decision was made because of the serious charges brought against Tshelane, coupled with a resolution by the Necsa board. It was also based on the recommendation of a disciplinary panel.

The dismissal was effective from Saturday, May 11. Radebe said the Necsa board would start advertising soon in order to fill the vacant board position. The candidates would require the necessary expertise and skills to guide Necsa into the future and ensure its sustainability and growth.

Phumzile and the entire Necsa board were suspended in December last year because of problems with how the organisation was governed.

"The Necsa board failed to execute its statutory mandate in a satisfactory and prudent manner," Radebe said at the time. According to Radebe, board members had shown "ineptitude and deliberate acts of defiance", resulting in setbacks and a halt in production of radioisotopes at the NTP subsidiary.

Necsa exports medical radioisotopes. Former Necsa executive and director of the Square Kilometer Array radio-telescope in South Africa, Rob Adam, was appointed to head the new board of directors.

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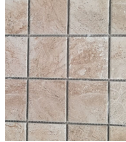
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**57** EACH

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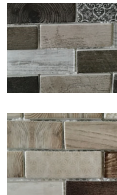
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  - 1317154, Da Vinci Beige, **102** /M2
  - 1317153, Da Vinci Light Grey, **102** /M2
  - 1317155, Da Vinci Cream, **102** /M2
  - 1317156, Morocco Decor, **144** /M2



**126** /M2

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## Little paradise in Meerhof



In the midst of Meerhof a little paradise, in the form of a quaint nursery and tea garden has recently opened its gates.

The quaint Meerhof Nursery and Tea Garden is an escape from the outside world once you are through the colourful entrance. Once inside, you are only aware of foliage, bird song and the aroma of freshly brewed coffee and the delicious smell of savoury tart.

Owners Jacques van Niekerk and Piet van Schalkwyk wanted to open a little haven, and they have succeeded. Jacques, a horticulturist, decided to open the nursery after receiving various requests for plants. "I buy plants locally from farmers and we currently have more than 200 species at the best prices. We also source plants," he says. The nursery offers a wide variety of

water wise plants, as well as garden art.

The cozy tea garden, set amongst pretty garden art, serves delectable apple and savoury tart, accompanied by good coffee, tea, ginger beer and fruit juices. This is indeed a peaceful little haven for those who need a break and delicious refreshments.

Residents are invited to pop in and meet Jacques and Piet as well as have a look at the nursery's latest specials such as clivias for R30, Arum lilies at R15, succulents from R20 and Star-fruit trees at R150, to name a few. And get an Amaryllis bulb for free when you spend R100 of more!

Visit the nursery at 7 Jean Botha Avenue close to the Meerhof School in Meerhof. The nursery is open from Monday to Sunday 09:00 - 18:00. For more information, contact Jacques on 072 493 5840.

## New Mugg & Bean opens



The long-awaited new Mugg & Bean opened its door at the new Islands Shopping Mall in Broederstroom and residents in the area flooded to this popular restaurant the past weekend. Angela de Gouveia, who co-owns the restaurant with her father, Albeto Gouveia, said they are delighted with the community's support and welcome residents at the lovely new eatery.

## In memoriam

Jarelange Hartbeespoort-inwoner, Tilana van Vuuren is op 7 Mei in die ouderdom van 56 na 'n lang stryd teen kanker oorlede. Tilana het meer as 30 jaar in Hartbeespoort gewoon. Sy word oorleef deur haar man, Vic, twee seuns, een kleinkind en haar vader. Tilana is Woensdag in Hartbeespoort begrawe.



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Lede van die Vroue Landbou Unie in Brits het onlangs heerlik in Hartbeespoort gekuier en geluister na 'n praatjie deur Dr Anke Brand oor internetverslawing. Die byeenkoms is deur RE/MAX Hartbeespoort, PSG Insure en Kitching Prokureurs geborg. Van links is Ryno Pienaar (PSG Insure), Marilise van Eck (RE/MAX), Dr Anke Brandt, Neeltje Louw (voorsitter VLU), Lyndell Boshoff (Kitching Prokureurs) en Tieneman Janse van Rensburg (sameroeper VLU). Vir meer inligting oor die tak, kontak Kitty Janse van Rensburg by 082 564 0918.



Ryno Pienaar (PSG Insure), Marilise van Eck (RE/MAX), Dr Anke Brandt, Neeltje Louw (voorsitter VLU), Lyndell Boshoff (Kitching Prokureurs) en Tieneman Janse van Rensburg (sameroeper VLU).



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Duisende besoekers word op die dag verwag en daar is oudergewoonte iets vir elke smaak en sak.

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Die kleingoed bly ook nie vergeet nie, met aktiwiteite om hulle besig te hou.

En dan is daar natuurlik die lippekker skaapspitbraai op Vrydagaand met William Blackrose vanaf 18:00, bespreek vroegtydig by kerkkantoor.

Kontak 012 253 0146 vir meer inligting. Die fees word op die kerkerrein op die hoek



Touch of Class tree by die Bosveldfees op.

## Wandering hippo spotted in Hartbeespoort Dam

A lonesome hippo saw to a lot of excitement and disbelief in Hartbeespoort the past week after it was spotted in Skeerpoort and then in the Hartbeespoort Dam.

The seemingly young hippo was first spotted in the Skeerpoort area and he occupied a dam on a farm for a couple of days. Last weekend residents close to the dam shore in Schoemansville could not believe their eyes when they saw a hippo head pop up from the water. "For a moment I did not believe what my eyes were seeing. I ran back to the house to get my camera," said Mike Cronje who lives close to the shore in Schoemansville.

The nature conservation department has already been contacted and according to Jason Seale of the Hartbeespoort Snake and Animal Park, a task team is looking at the situation.

Wildlife specialist, Richard Brooker from Glen Afric, said relocating a hippo is a difficult task. "We had a hippo here recently who broke through fences and had to be relocated. The animals cannot be darted when they are in or near water because their instinct is to dive under water and if not taken out within five minutes, it will drown. The animal will have to be lured into a boma or enclosed space from which it cannot escape."

Seale agrees and the task team is looking into various options in order to address the situation.

"The animal's safety depends on the residents," he said. Hippos can be extremely dangerous and residents and boaters are urged not to go look for the animal or



approach it when it is spotted. Hippos are nocturnal and generally venture outside the water at night to graze. As long as residents leave the hippo in peace, the animal is safe. "We want to keep the hippo safe until a solution presents itself and we ask for residents' cooperation in this regard."

Brooker said one would want to avoid the last resort of shooting the hippo. "As

long as it is left alone, all is safe."

Despite its stocky shape and short legs, a hippo can easily outrun most humans. Hippos have been clocked at 30 km/h over short distances. Hippos can travel for up to 10km on land to feed. They spend four to five hours grazing and can consume approximately 35 kg of grass every night.

The hippopotamus is very aggressive and often regarded as one of the most dangerous animals in Africa.

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# How cats hide their pain

It can be easy to miss the signs your cat is sick; they don't all resemble the colds that people contract from time to time. Cats have a tendency to hide their pain, making it difficult to properly care for them when they need it the most. But if you know what to look for, you can recognise cat pain symptoms early and get your kitty the help she needs.

## Why cats hide their pain

The tendency cats have to disguise their discomfort is believed to be an evolutionary holdover from their days in the wild, where illness or injury paints a target on their back to nearby predators. Not only would the appearance of weakness make a wild cat more vulnerable, but it would also put her in danger of being bullied or abandoned by her group.

Although today's domestic cats generally don't have to worry about becoming prey, they may view other pets in the house—or even other people—as competition for resources like food and water. Whether driven by a deeply ingrained instinct or by overprotective kitty logic, cats worry that showing signs of pain will cause them to lose out to a more deserving animal, encouraging them to mask their symptoms.

## Common cat pain symptoms

A cat experiencing pain will often display behavioural changes that can serve to tip off an astute pet parent to the fact that something's wrong. According to Vetstreet, common signs your cat is sick or in pain include:



- Hiding**
  - Sitting still and hunched up
  - Loss of interest in people, other pets, or activities
  - Neglecting to groom themselves, or over-grooming in one spot
  - Purring, excessive meowing, or unusual vocalisations
  - Restlessness or aggression toward friendly surroundings
  - Doing her business outside the litter box
- Kitties in pain might also show a loss of appetite, unusual vomiting, clingy behaviour, or other noticeable changes in personality and demeanour. A cat experiencing chronic pain, such as arthritis, might stop using the litter box altogether**

because it's too difficult to climb into. For this reason, she may also stop climbing or jumping onto the high perches of her cat tree.

## How your vet can help

Any abnormal behaviour from your cat should prompt a visit to her veterinarian, who can help determine whether these changes are due to pain or illness and then work with you to treat the underlying cause. The vet can also help with pain management—this might include prescription pain medication, heat therapy, physical rehabilitation, or even massage.

If your kitty is overweight, your vet might also place her on a weight-management food, especially if she's experiencing

chronic joint pain. Certain joint supplements can help maintain her mobility too, but you may ultimately want to explore a therapeutic food to help manage an underlying condition.

One thing you should never do for your kitty is to administer over-the-counter pain medications, which could be very toxic to feline digestive systems. You should also check with your vet regarding any supplements you plan to give her to make sure they're safe. The vet might also prescribe mood-stabilising drugs to help your sick cat cope with both the pain and accompanying changes in her lifestyle.

## How you can help

Back at home, consider relocating her bed, food dishes, water bowls, and litter box so they're easier for her to get to. Make sure the litter box is simple enough to climb in and out of as well. If you have a model with a lid or deep sides, for instance, you might need to replace it with an open, shallower structure, and keep it scooped clean more frequently to accommodate for her disadvantage. Big family? Prevent other pets or children from trying to play or roughhouse with her. She may escape it herself, but you don't want her to lose trust in people while she's recovering.

Of course, the best medicine is preventive. Annual vet check-ups and a well-balanced food will go a long way toward preventing your cat from developing a painful condition.

(Source: [www.hillspet.co.za](http://www.hillspet.co.za))

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The shelter is also in need of volunteers prepared to assist with caring for the dogs, dog-walking and interaction with the animals in the shelter.

Please donate and assist HAWS in caring for stray, abandoned and abused animals in the area.

Contact HAWS on 076 455 0322

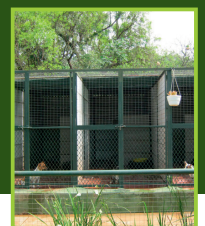


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# Vets, Pets and Everything in Between



## Grooming your pet – do's and don'ts

Does your pet find it traumatising to visit a pet groomer and you want to try your own hand at it? Follow these do's and don'ts to ensure your canine friend's well-being during pampering.

### Do's

#### 1. Groom regularly.

Certain breeds—including shih tzus and Pomeranians—should be brushed often. Dogs' nails should be trimmed regularly, too. Overgrown nails can pose a risk to dogs' well-being, and trimming nails that have grown out can be unnecessarily stressful and uncomfortable for your dog. When dogs are uncomfortable, they're much less likely to cooperate.

2. Be patient. Dogs can sense your stress, so make sure that you're calm and relaxed, too, and you've set aside plenty of time for the grooming session. Go slowly and pay close attention to what you're doing and your dog's reaction. Watch for signs of stress, such as trembling, whining, or panting that's not heat-related, and take a break if needed. Be extra cautious when using scissors and nail clippers. If your dog tends to panic and won't stand still, try grooming more often, like once a week, and just do a little bit at a time. When clipping your dog's nails, just do a few at a time if needed. And be sure to give lots of praise, petting, and treats. Make it a positive experience. With kindness and patience, your dog will eventually get accustomed to

these dogs can quickly develop mats on various parts of their bodies, such as behind the ears, behind the front legs, and in front of the hind legs. Routinely check your dog's coat. Dogs with long fur on their paws could benefit from having that clipped before the



nail trimming.

#### 6. Know your limits.

Despite your good intentions and best efforts, your dog might still refuse to remain calm and stand still during grooming. If this happens, consider asking a reliable friend to help you during grooming, or talk to your veterinarian about natural calming supplements. For nail trimming, you can always ask your veterinarian for help if you're unable to do it safely at home.

Give Bella a bath only when necessary, such as when she's gotten dirty or smelly by rolling in something—washing dogs' coats strips them of their natural oils and can cause skin and temperature-regulating issues. Make sure bath time takes place in a warm setting, as bathing in cold weather

deal of bleeding and pain. If you're not sure where the quick is, just cut off the tips of the nails, and do it more frequently. If your dog's toenails get "hooks" on them, just trim them off. Never try to trim nails while Bella is jumpy—wait until she settles down. If your dog finds nail trimming particularly stressful, try trimming just one nail at a time. If you're new to trimming your dog's nails, ask your veterinarian to demonstrate the procedure before you attempt it yourself.

#### 7. Don't use nail clippers with a guard.

Some canine nail clippers come with a guard designed to prevent over-trimming, but the downside to them is that they will block your view. Use your finger as a guard instead, or clip Fido's nails with his paws resting on a hard surface, such as the floor or a table. This will act as a guard. Make sure you purchase quality clippers.

#### 8. Don't forget to clean your dog's ears.

Don't use Q-tips unless your veterinarian recommends it. Instead, use an ear cleaner to clean your dog's ears periodically if they need it—this will help to prevent painful ear infections. Ask your veterinarian for a recommendation. Just remember not to let your dog's ears get wet during bathing. Water and shampoo in the ears can cause painful and dangerous infections.

#### 9. Don't neglect your grooming tools.

Toenail clipper blades should also be sharpened regularly and replaced at least every few years. Dirty or dull blades won't cut well and can pull and tug at your dog's nails.

#### 10. Don't give up.

It might take a while for you and your dog to get comfortable with home grooming, and that's OK. But, if you feel a professional groomer is what your furry friend needs, choose a local groomer who comes highly recommended, preferably a mobile grooming service that can groom your dog at home if available.

(Source: [www.peta.org](http://www.peta.org))



### Don'ts

#### 1. Don't rush.

Would you appreciate it if your hair stylist or nail technician were in a rush? No. And Bella wouldn't, either. Hasty grooming can cause stress and even result in life-threatening mistakes—just ask PetSmart.

#### 2. Don't restrain Fido by gripping his fur.

This, like tethering, should never be used during grooming.

#### 3. Don't use scented shampoo.

Perfumed bath products can irritate dogs' sensitive skin and noses.

#### 4. Don't bathe your dog too often.

can cause a dog's body temperature to drop. Always towel-dry your dog—a blow dryer can be terrifying to dogs and also cause them to overheat.

#### 5. Don't overwhelm your dog by trying to do too much at once.

If your dog grooming-to-do list includes a bath, fur trimming, nail trimming, toothbrushing, and more, don't make the mistake of trying to squeeze this all into one session. Instead, divide grooming tasks up into more frequent, shorter sessions. And end each one on a high note—don't wait until your dog is becoming stressed or restless. You want Fido to walk away thinking, "That was fun!"

#### 6. Don't cut nails too short.

Trimming nails too short is painful and can agitate even the calmest pup. Dogs' nails contain a blood vessel called the "quick." Cutting into the quick can result in a great

the process and feel more comfortable.

3. Choose a safe, well-lit place for grooming. You need to be able to see what you're doing, and you also want a safe, nonslip surface so that Fido and Bella don't slip and fall. Don't tether your dogs during grooming—that can lead to terrible accidents. Of course, if they love being brushed, brush them anywhere and as often as possible—this can be a great bonding experience. You can even use brushing as a reward after a grooming procedure that they're not so fond of.

4. Use appropriate dog-grooming equipment. Depending on your dog's fur and skin type, a special brush might be necessary. Research online, or ask your veterinarian. Similarly, make sure the nail clippers, scissors, trimmer, etc. are all high-quality and appropriate to your dog. If you're unsure, don't hesitate to ask your veterinarian for suggestions.

5. Be mindful that long-haired or double-coated breeds require extensive maintenance. Without regular brushing,

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# Healthy Living

## Bruised heal

Jeandre Theunissen

A bruised heel is also known as a fat pad contusion or Policeman's Heel. It is a common cause of pain under the heel caused by overuse.

### Bruised heel symptoms

Symptoms consist of pain under the heel bone (Calcaneus). Pain usually comes on gradually over time, but can be brought on instantly from jumping onto the heels. You will find walking or running will be uncomfortable or painful. However, running on your toes or the balls of your feet will not be painful.

Often athletes will put up with mild symptoms for some time before pain prevents them from training. Pressing in under the heel may trigger pain or be uncomfortable. Walking or running will make symptoms worse, whilst complete rest from aggravating activities reduces pain.

### Bruised Heel vs Plantar Fasciitis

Symptoms of a bruised heel bone are similar to those of plantar fasciitis, another common cause of heel pain. However, a bruised heel is not usually worse first thing in the morning. Also, pain is unlikely to radiate forwards into the arch of the foot as plantar fasciitis can.

Another key difference is that a bruised heel often improves with rest and gets gradually worse with walking. But plantar fasciitis is often worse first thing in the morning, and improves with walking. This is because the tissues warm up and stretch.



### Contributing factors

A bruised heel is usually caused by overuse. In particular, with activities such as repetitive bounding, long distance running, walking or landing heavily. Although overuse is primarily the cause, there are a number of factors which may contribute.

### Bruised heel treatment

If you catch a bruised heel early and rest then it should recover quite quickly, usually within a few days. However, if the early onset of pain is ignored it can be very difficult to treat. This is due to the fat pad becoming damaged beyond easy repair.

### Self-help treatment

What can the athlete do? Rest! Rest until there is no more pain. This is the most important because continuing to walk or run will not allow it to heal. Rest means complete rest. Switch to cycling, swimming or any non-weight bearing activity.

If you have to be on your feet, then there are a few things you can do which will help:

- Wear a shock-absorbing/cushioning heel pad or insole in your shoes. This is

especially important if you have to wear a hard, flat, 'sensible' shoes to work. Insoles or heel pads should be worn in both shoes to avoid leg length differences. This is likely to lead to further injury to the hips and lower back.

- Tape your heel. A simple heel taping technique will compress the fat pad and provide increased cushioning and protection.

- Replace running shoes if they are old. Read more about choosing running shoes.

Prevention is always the best cure so acting early with a fat pad contusion and resting is most important.

### Professional Treatment

A physiotherapist will confirm the diagnosis and help identify any possible causes. For example if you have biomechanical problems such as overpronation or oversupination. Your therapist may do a gait analysis to assess how the foot moves during walking and running. However, for a bruised heel, gait is not normally a contributing factor.

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081 052 9399  
Nancy 084 334 7982  
—DL008154

**Brits Methodist Church**  
Worship at 65 Kerk Str,  
Brits every Sunday at  
09h30. Contact for further  
info: (012) 259 0067 or  
Rev Mike Durrant  
083 696 1625  
mikeruth@absamail.co.za  
—DL008155

**Catholic Church**  
**Hartbeespoort (Meerhof)**  
Mass: Sat 17h30, Sun  
8h00 Daily Masses: Mon,  
Wed & Fri 8h00  
Thu: 18:00  
Fr Anthony: 012 259 0430  
—DL008156

**Christ Embassy Brits**  
Morning service  
09:00 - 11:30 am  
Wednesday evening  
service 19:00 - 20:00  
Pastor Douglas  
084 360 2799  
Pastor Unity 072 138  
8823 Giving your life a  
Meaning  
—DL008157

**Christenforum - HBP**  
verteenwoordigend van  
Kerke, bediening en  
ander organisasies in  
omgewing. Raak betrokke.  
Laat weet gerus van  
gebeurtenisse wat  
gemeenskap raak.  
Dr Marlie Bynard  
082 820 9499 (Saski)  
—DL008158

**Church on the Hill**  
Sunday 08:00 & 18:00  
072 840 7393  
Pastor Holmes  
—DL008159

**ChurchArise**  
Cussonia Crest, Plot 116  
De Wildt  
Dienstryd: 10 uur  
Almal welkom!!  
Kontak Elma Jacobs  
082 931 6401  
—DL008160

**Die Afrikaanse**  
**Protestante Kerk**  
**Hartbeespoort**  
se erediens vind elke  
Sondagoggend om 09h00  
plaas in die Kerkgebou op  
die Melodie plotte (No 35),  
Schumanstraat, Navarre.  
Prof Danny Nel:  
082 870 1158  
—DL008161

**Die Volle Evangelie Kerk**  
van God Hartbeespoort  
Sondagoggend 09h00  
Sondagoggend 18h00  
Woensdagoggend (Biduur)  
19h00 Vrydagoggend (Jeug)  
18h30  
Pastoor Fanie Fourie  
082 466 1592  
—DL008162

**Doxa Deo**  
Sunday 9am English  
Service on the cr of  
Marais and Kuyper street.  
8vm en 10vm nog  
18:00nm 012 253 1366  
—DL008163

**Evangelies Gereformeerde**  
**Kerk van Suid Afrika**  
Sondagoggend diens  
09:00 en Sondag Skool na  
die diens. Sondae aande  
18:00 by Generaal Hendrik  
Schoeman Skool Saal  
Kontak Ds Andrew Bruyns  
081 364 4912  
—DL008164

**Gateway Christian Church**  
welcomes you to attend  
worship services 09h00  
every Sunday at Makalani  
Holiday Resort.  
Pastor Steve Kidd:  
012 253 5171 or  
071 492 4663  
—DL008165

**Geinspreide Interkerklike**  
**Mannesel**  
Kontak Hennie Venter  
072 763 5635  
Jan Jacobs: 082 413 0798  
—DL008166

**Ha Phororo Youth Retreat**  
Weekly Events Labyrinth  
walk 7am Saturday  
Morning. Celebration of  
the Eucharist service  
11am. Contact Father  
Chris  
083 304 2595  
—DL008167

**Hartbeespoort Baptiste**  
Kerk  
Dienste: Meerhof Kapel,  
Mentz Str. Meerhof. 09h00  
Sondagoggend.  
Kontak Gert Steyn  
083 308 1987  
—DL008168

**Hartbeespoort Christen**  
**Gemeenskap**  
Oorkant MBT Petrol Stasie  
op die R511 Dienstryd  
Sondagoggend 09h00  
Sondag Aand 18h30  
www.aoghartbeespoort.co.za  
—DL008169

Christo Hugo  
082 577 7087  
012 253 0732  
—DL008169

**Harties Church Christian**  
**Fellowship**  
On Pecanwood side of  
dam L46 Hartbeeshoek  
Road Service 9 am  
Sundays Contact Gary  
082 943 5612  
—DL008172

**Harties Kuierkerk:**  
Dienste Sondae: 09:00  
Plot 291, Rietfontein op  
R511 by Vette Mossel  
ingang Koordinate:  
25°45' 03.9" S / 27°55' 29.6"  
O Selnr. 082 258 0970/  
E- pos:  
admin@kuierkerk.co.za  
—DL008339

**Harties Methodist Church**  
Worship services every  
Sunday at 08h00 at 57  
Schumann Str, Melodie  
Holdings. (Opposite the  
Seventh Day Adventist  
Church. Travel up the  
R511; just after the Mount  
Lyric Complex turn left;  
after about 300m, turn left  
into the Church property)  
Contact for further info:  
Rev Mike Durrant 012 259  
0067 083 696 1625  
mikeruth@absamail.co.za  
All are welcome!  
—DL008170

**Harties NG Kerk**  
09h00 Oggend Diens  
012 253 1994  
—DL008171

**Heartlands Church**  
25 Ifafi Centre Ou Wapad  
Sunday meeting: 9:30 am  
Contact: Milan Popovich  
083 400 5279  
—DL008173

**Hervormde Kerk Brits**  
h/v Ludorf- & Macleanstr  
Brits Sondae 9:00  
Kategorie 10:00  
Facebook: Hervormde  
Kerk Brits  
0122521331 /  
nhkbrits@gmail.com  
Ds Kobus Celliers  
—DL008174

**Huis van Gebeds**  
Bediening (Afrikaanse  
Pinkster Dienste)  
Diens Tye: Sondae  
Oggend 9h30, Aand  
18h00 Vissershok pad,  
Schieffontein, de Wildt.  
Kontak Wally Rheeder:  
076 403 8152  
—DL008175

**Kosmos Chapel**  
Non-denominational  
fellowship. We invite you  
to our worship 9 am every  
Sunday.  
Vivienne:  
083 308 4588  
—DL008176

**Lede in Christus Kerk**  
**Hartbeespoort**  
Sondae Sondagsskool  
08:45 Oggend 09:30 Aand  
17:00 Woensdae  
Sorggroep 19:00 Vrydae  
Jeugbyeenkoms 19:00  
Kontak Okkie Celliers  
082 457 2859  
Lucille Celliers  
082 440 5474  
—DL008177

**Maranata**  
**Aanbiddingsentrum**  
**Harties**  
Zilkaatsnek (sien borde) vir  
aanduiding Past.Johan  
Pmsioo Sel nr.  
072 991 1312  
Sel nr. 072 561 4697  
Sondae Tyd: 10 uur/10h00  
—DL008178

**N.G. Kerk - Skeerpoort**  
Dienstryd: Sondag  
oggende om 09:00 Leraar:  
Ds. Rudolph Mombreg  
Kontak no. 012 207 1081  
Kerkkantoor no.  
012 2071221 / 1339  
—DL008179

**New Apostolic Church**  
Address : Shop 1, C/o  
Harrington and Monica  
Street  
Hartbeespoort.  
Sundays : 08:00 - 10:15  
Wednesdays :  
19:30 - 20:30  
Contact :  
Ev Cornay Keefer :  
076 033 3856  
—DL008180

**Open Baptist Church -**  
**HBP**  
Holding the truth in love &  
loving others in truth.  
Sunday Service at  
Paperworld (R560)  
Mornings @ 09h00 Bible  
Studies on various days  
throughout the week. For  
more information contact:  
Pastor Rudi Botha  
082 784 3288 or  
Dirk vd Berg  
084 600 7779  
—DL008181

**Seasons Church**  
Weekly Sunday Service  
10:00 - 11:30  
26 Boem Crescent South,  
Ifafi  
Theodora 073 500 1813  
—DL008182

**Sewendedag Adventiste**  
Kerk  
Hartbeespoort/Brits.  
Schumannlaan 35,  
Melodie. Ons aanbid op  
Saterdag om 9:15 met  
sabbatskool en lesstudies  
vir our onk.  
11:00 Erediens met goeie  
musiekitems.  
Sewendedag-Adventiste  
aanvaar die Bybel as hul  
enigste geloofsbelydenis en  
glo dat sekere  
fundamentele standpunte  
die leer van die Heilige  
Skrif is.  
Afrikaanse Gemeente  
Kontak Monica  
082 466 3287.  
Engelse Gemeente aanbid  
vanaf 14:00, Kontak Chris  
Els 084 533 7271  
—DL008183

**St Jude's Anglican Church**  
C/O Wagner and  
Beethoven Streets,  
Melodie. Holy Eucharist  
services and Sunday  
School every Sunday at  
09:00 012 253 8024  
Fr. Alan O'Brien  
083 364 6272  
—DL008184

**Supernatural**  
**INTERNATIONAL MINISTRIES**  
Invites you to Our Services:  
Wednesday teaching service 6  
pm  
Friday delivery service 6 pm  
Sunday major service 10 am  
Come join us for our all white,  
all night of praise & worship on  
the 31-05-19  
496 Opposite 10 Rooms  
R514rd Hartbeespoort  
Prayer line 060 311 8431

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R514rd Hartbeespoort  
Prayer line 060 311 8431

**Brits Fire Appliances**  
**(PTY) Ltd**  
Supply and service fire  
fighting equipment BBBEE  
Level 2 SABS 1475  
Workshop at 2 De Ridder  
street Brits  
Contact: 012 252 1431/2  
Mobile: 063 083 6910/  
081 449 8192  
—DL008191

**PEST CONTROL**  
060 449 3700  
076 266 0983

## SPECIAL SERVICES PETS

**HOUSE & PET SITTERS!**  
Retired, but fit couple  
can help!  
Contact  
083 259 8268

## SPECIAL SERVICES KID'S CORNER

**Fia se Springkastele en**  
**Waterglybane**  
Springkastele, Jungle  
gyms, Gladiators,  
Waterglybane te huur.  
Aflerwing in Brits en  
Hartbeespoort.  
Spookasem @ R4. Kids  
tables and chairs.  
Kontak Fia Cell en  
WhatsApp: 079 711-6883  
/ Tel: 012 252- 1195  
—DL008197

## SPECIAL SERVICES CLEANING

**CARPET MASTER**  
• Cleaning of carpets, leather  
lounge suites &  
furniture  
• Scotchguard  
• Flood Damage  
We also do full cleaning  
of carpets and Persian  
carpets etc.  
Since 1996  
CHRIS 083 757-9816

**Silver Carpet**  
**Cleaners**  
Carpets, Upholstery +  
Mattress Cleaning  
Specialise in deep cleaning  
Industrial machine. Personal  
supervision. Friendly service.  
Open on Saturdays  
Call Caren 072 597 1732

**Sparkleen**  
**Carpet & Upholstery**  
**Cleaners**  
• CARPETS - CHAIRS  
• PERSIAN  
• RUGS - LOUNGE SUITES  
• MATTRESSES - CAR SEATS,  
ETC.  
Quality Guaranteed  
BIANCA: 064 907 0020  
It's not clean until it's  
Sparkleen

**The Cleaning Co.**  
Call us for all your  
cleaning needs: Domestic  
(incl ironing) pre and post  
occupation cleaning, Daily,  
weekly, monthly or once  
off cleaning  
Contact Natasha  
083 669 4918

## SPECIAL SERVICES AROUND THE HOUSE

**CARPENTRY**  
Wall Wardrobes  
Ceiling & Cornish  
Door hanging & Skirting  
Contact Thabo or Lesley:  
071 469 1374  
—DL008241

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| 2 Gardening | 5 Security  |
| 3 Furniture | 6 Transport |

Deadline and payments for classified  
advertisements Monday @ 12h00

## DS Installations

• Steelworks - Gates,  
Palisades & Stainless  
steel  
• Gate Automations  
• All types fencing -  
electric  
• Alarm systems  
• New Installations and  
repairs  
• General Handyman  
Contact Dirk  
079 652 3145

**Harties Thatchers**  
Harvey Tiles, Lapas,  
Painting, Paving, Tiling,  
Thatching, Wooden  
Floors, Deck, Building  
Jacob Cell  
079 418 5780  
074 816 4230  
jacoblapas@gmail.com

**PAVING :**  
For new paving & repair of  
old paving.  
Contact Gys @  
071 605 6378  
—DL008194

## SPECIAL SERVICES ELECTRICAL

**ELECTRICAL**  
**PROBLEMS:**  
Certificate of Compliance  
Installations, Fault finding,  
Maintenance, Geyser.  
Contact Thabo or Lesley:  
071 469 1374  
—DL008240

**Handy Hands**  
• Elektriese Kontraakteurs  
• Loodgieter Kontraakteurs  
• Opgadering van Badkamers

**Skakel**  
**Riaan Strauss**  
084 610 3503

## SPECIAL SERVICES CATERING

**Spitbraai En Enige Catering**  
in die gerief van jou huis  
of keuse van venue. Sit  
terug en ontsip ons cater  
in jou huis! Skakel  
my vir spyskaart keuse  
Spitbraai and Catering  
in the comfort of your  
home or choice of venue  
Sit back and let us do the  
catering  
Phone me for a menu  
Leana 082 888 0277

## SPECIAL SERVICES REPAIRS

**APPLIANCE REPAIRS**  
**CENTRE**  
Hartbeespoort.  
Contact:  
071 042 9084  
064 022 2395  
Call/WhatsApp  
Repairs. Services to  
Home Appliances  
• Air Conditioners  
• Cold rooms  
• Stoves  
• Microwaves  
• Ovens  
• Fridges  
• Coffee Machines  
• Tumble Dryers  
• Washing Machines  
• Dish Washers  
• Electrical Faults  
SPEED QUEENS  
Etc

**REG BUILDING**  
**CONSTRUCTION**  
Registered NHBRC & A.C.E.  
New homes, alterations,  
renovations, paving.  
Highest quality guaranteed  
Lucky 082 962 0474  
076 585 5699

**HBP Appliances**  
Herstelwerk van  
huishoudelike toestelle  
soos: Yskaste, vrieskaste,  
wasmasjiene,  
mikrogofoonde, stowe en  
stofsuikers. (tv's, videos,  
dvd's en HiFi's uitgesluit).  
Dewaldt: 082 468 0006  
—DL008202

**Repairs On-Site**  
1 Day Services  
Speed Queen  
DEFY SAMSUNG  
Whirlpool LG  
Harties & Brits  
Washing Machines,  
Tumble Dryers, Stoves  
Roelf 072 681 3354

**SPECIAL SERVICES PLUMBING**  
Ingo Loodgieters:  
Alle loodgieterswerk,  
installering en  
instandhouding van riool  
pype, oopmaak van  
verstopte riool en  
besproeiing stelsel  
Ingo 078 533 6917/  
082 216 0705  
—DL008203

**JAYCEE'S PLUMBING**  
Vir alle  
Loodgieter  
werke  
FREE QUOTATION!  
Kontak:  
084 701 9536

**SWAARS PLUMBING**  
FOR ALL YOUR  
PLUMBING  
NEEDS  
ANTON  
072 559 8935

**Triflection**  
Best Quality, Perfect Results.  
PIRB registered  
plumber  
• General plumbing  
maintenance  
• Burst geyser repairs  
• Water supply &  
unblocking drains  
FREE QUOTATIONS!  
Contact  
Francois Nieuwoudt  
083 275 6940

## SPECIAL SERVICES BUILDING

**FAITEX GROUP**  
Building Contractors -  
For renovations, repairs &  
new buildings. FREE  
Quotes - References  
available 071 605 6378  
—DL008195

**REG BUILDING**  
**CONSTRUCTION**  
Registered NHBRC & A.C.E.  
New homes, alterations,  
renovations, paving.  
Highest quality guaranteed  
Lucky 082 962 0474  
076 585 5699

**RaamDit**  
Picture Framer  
Faan 072 538 5678  
Plot 34 Silkaats Nek

**JOMMA HANDYMAN**  
For all your property  
maintenance  
services:  
• Plumbing  
• Electrical  
• Gate motors  
• Garage doors  
• Plastering  
• Painting  
• Tiling  
• Roof Repairs  
Call Joseph  
073 240 9429

## SPECIAL SERVICES GATE AUTOMATION

**GATE AUTOMATION**  
• Sliding gates, • Swing gates  
• Intercom systems  
• Garage door automation  
• Installation and repairs  
For a Competitive quote  
Call Mark on 084 200 0755

## SPECIAL SERVICES DSTV

PROF TV & Satellite  
Explora installasies  
Relocations  
New points  
Sound systems  
Cctv & gate motors  
0761421164  
Stephan  
Epos  
stphanleroux51@gmail.com

**SpeedSat DSTV & Aircons**  
All DSTV installations  
New, Xtra View,  
Re-locating etc  
Accredited  
Installer/vouchers  
AIRCONS  
New, Services,  
Re-locations  
Fault Finding  
Call Peet  
082 900 6376

## SPECIAL SERVICES GARDENING

**BUSY "B"**  
AFSAAG VAN BOME  
Lé van Graspeke:  
LM & Kukuju  
Verwydering van  
Tuin &  
Bourommel  
Mini & Maxi vragle  
Eenmalige skoonmaak  
van Erwe & Ontbosting  
Alle kwotasies  
GRATIS  
Ania  
083 456 1987  
Déan  
083 566 4736  
Vir flink  
&  
vinnige  
diens

**Any Mini**  
**Removals**  
Call Sanet  
082 807 7507

**Gardenfix**  
For all your garden  
services.  
Call for a free quote  
Annie  
076 198 7344  
Michael 079 872 1676

**Kitsgras:**  
LM Kitsgras Clearance  
Sale R22/m met eie  
vervoer. Net buite Brits.  
Ina 0824681985  
—DL008345

**PECANSCAPES:**  
Please call for free quotation on  
Landscaping, Garden remodelling,  
garden clean-ups, seasonal planting  
and laying of instant lawns.  
Sandi 082 821 5943

## SPECIAL SERVICES STEELWORK

**Ingo Staal:**  
Alle staalwerk, diewerwing,  
afslakke, heining (staal),  
hekke en motorisering  
(hekke).  
Ingo 078 533 6917/  
082 216 0705  
—DL008204

## SPECIAL SERVICES AIR-CONDITIONING

**Brits / Harties**  
**Electrical & Airconditioning**  
Nuwe verkope  
Diens/herstelwerk  
Gekwalifiseerde  
elektrisiën  
0761421164  
Stephan  
Epos  
stphanleroux51@gmail.com

**De Wet Cooling**  
For all aircon repairs,  
services and  
installations. Brits &  
Hartbeespoort areas.  
Contact  
082 471 2185  
stefan@grail.co.za

## SPECIAL SERVICES LAPA

**Lapas & Thatching**  
Building lapas, new roofs,  
replacing thatch, brushing.  
For quote call  
083 512 0139/  
072 994 5027  
—DL008131

## SPECIAL SERVICES SECURITY

**ALARMS**  
Alarm Systems;  
Electric Fencing;  
Security Camera's;  
Gate Motors;  
Outdoor Beams;  
Intercoms  
ON SITE REPAIRS  
Insurance Approved  
24/7  
ANTHONY  
060 693 9175

## SPECIAL SERVICES TRANSPORT



## Snuffels

1 Services

2 Gardening

3 Furniture

4 Painting

5 Security

6 Transport



Tel 012 259 0948 • classi@kormorant.co.za

**MOVE - IT GUY**

Office & Home Furniture Collection & Removal. Storage Available. Owner drives truck. **Guy McAdam 071 448 3451**

**fast forward**

083 454 8427

**Transport**

Budget Removals Deliveries With large panel van and trailer. Owner drives. **083 454 8427**

**MKC VERVOER**

Kontak ons vir bekostigbare, betroubare, meubelvervoer. Lokaal en landswyd. Marius **082 572 1648**

**SPECIAL SERVICES SWIMMING POOLS**

**Thatching & Swimming Pools**

New Thatch Roof & Old New Swimming pools and all sort of renovation & repairs. Installation of solar heating, pool net & covers. **Norman: 072 276 1922** **Whatsapp: 064 082 3982**

**Woodlands Pools**

**079 168 1851**

\* Monthly Pool Contracts

\* Pool Renovations

\* Pump & Filters

\* Sand Changes

\* Solar Panels

"Your Pool Our Concern"

**SPECIAL SERVICES STORAGE**

**STORAGE @HARTIES**

Unit From R450 **NEED SECURE STORAGE?**

www.storageharties.co.za

**Contact: 082 789 3240**

**BETREKKINGS GEVRA**

**JOB'S WANTED**

Anty Joyce is looking for Mondays, Tuesdays & Fridays domestic work, she has experience. Reference: 082 375 3947 **ANTY JOYCE: 072 478 3669**

Aprina is looking for domestic work, full time or part time. Has experience with house chores and can cook. Reference: 083 297 5401 **APRINA: 071 551 7329**

Baie goeie betroubare bedienende soek werk. Enige huiswerk, kinders oppas voltydige deesdae. Prinsloo: 084 788 9719 **Verwysing: 084 916 4742** **072 394 8077**

Betty Dipuo is looking for domestic work, sleep in or old age home work, part time or full time. She has experience. Reference: 082 504 9250/078 186 **6899 BETTY: 073 290 2722**

Betty is looking for domestic work for 5 days or 3 days. She is very honest, reliable & a willing worker. She has experience. Reference: 079 374 3982 **BETTY: 083 434 2084**

Betty is looking for domestic work or restaurant work or coffee shop work or cleaning work, she has experience. Reference: 084 032 0753 **BETTY: 082 237 7649**

Brenda is looking for home based care nursing work or guesthouse work or domestic work for 3 days. She has experience. Reference: 083 601 1100 **BRENDA: 072 572 9111**

Candy is looking for domestic work, childminding work sleep in or sleep out, full time or part time or office cleaning work. She has experience. Reference: 078 199 9108 **CANDY: 072 111 0880**

Caroline is looking for domestic work for 5 days. Has previously worked at Lyric products as a foreman, as well at Echo Berry. She has experience. Reference: 072 775 5724 **CAROLINE: 076 172 1897**

Catherine is a Zimbabwean looking for domestic work for part time. She's dependable & diligent worker. Has experience. Reference: 071 175 4876 **CATHERINE: 073 942 2916**

Catherine is looking for 2 days or 3 days or 4 days or 5 days domestic work, she has experience. Reference: 084 523 8638 **CATHERINE: 079 404 8515**

Chikumbuto is a Malawian looking for housekeeping, washing & ironing work or garden work or guesthouse cleaning work. He has a valid work permit & experience. **CHIKUMBUTO: 073 247 6225**

Daisy is looking for housekeeping/domestic work, she has experience. Reference: 082 574 2372 **DAISY: 064 601 2043**

Debora is looking for domestic work for full time or part time. She has experience. Reference: 083 521 2228 **DEBORA: 072 224 5180**

Eliza is looking for domestic work for full time or 3 days, she has experience. **ELIZA: 072 017 7743**

Elizabeth is looking for domestic work for Tuesdays, Wednesdays, Thursdays & Saturdays. She is well mannered & hardworking. Has experience. Reference: 083 784 6596 **ELIZABETH: 076 543 7584**

Elizabeth is looking for home based care nursing work or childcare - creche or domestic work for everyday or part time. Sleep out. She has a Childcare Training Certificate, CPR Certificate - First aid & Home Based Health Care Certificate. She has experience. Reference: 012 252 0565 **ELIZABETH: 076 166 0483**

Emma is a Malawian looking for part time domestic work, she is loyal, trustworthy & very hard working person. She has experience & a valid work permit. Reference: 083 376 1143 **EMMA: 073 873 7194**

Granny is looking for domestic work, she is hardworking, reliable & honest person sleep in/out, piece jobs or full time or office cleaning work or shop cleaning work. Has experience. Reference: 060 712 4346 **GRANNY: 076 995 8964**

Irene is a Zimbabwean looking for domestic work or office cleaning work full time or part time. She can also take care of dogs /cats. Has a valid work permit and experience. Reference: 082 905 8626 **IRENE: 073 168 8145**

Isaac is looking for painting & gardening or paving work, he has experience. Reference: 012 252 4470/082 899 **6408 ISAAC: 083 884 3629**

Jackson is looking for any kind of job, he has experience. Reference: 079 163 2003/012 333 **0016 JACKSON: 081 581 9475**

Jane is looking for cleaning & domestic work, she is very conscientious person, very diligent & extremely fast worker. She is methodically in her cleaning. She was working as a message therapist in a spa & obtained a letter for Staff Member of the year 2010. Reference: 079 939 6716 **JANE: 076 111 8543**

Jane is looking for domestic/housekeeping work, office cleaning work, cleaning work or laundry work or hostess work. She has experience. Reference: 011 422 1970 /011 741 5005/228 **JANE: 076 239 1944**

Louisa is looking for domestic work, cleaning work or office cleaning work or childminding work, looking for piece jobs or full time job. She has experience. **LOUISA: 072 050 4061**

Lucas is looking for full time driving work, has code 10 & code 14 drivers license with PDP. Has 12 years experience. He is well mannered, pleasure to work with & very humble. Reference: 076 226 6568 **LUCAS: 071 425 0718**

Lucy is looking for domestic work for 3 days a week. Has experience in house chores. Reference: 073 835 5010 **LUCY: 072 976 2597**

Lydia is opsoek na 2 dae, 3 dae, 4 dae of 5 dae huis skoonmaak werk. Sy doen uitstekende werk, praat & verstaan Afrikaans. Sy is baie vriendelik, baie goed met stryk, alle werk dia sy uit soos geva. Het ondervinding. Verwysing: 072 354 3731 **LYDIA: 082 471 8513**

Maggy is looking for general work or domestic work for full time or part time. She has experience. Reference: 071 337 6512 **MAGGY: 076 042 5682**

Molly is looking for domestic work sleep in or sleep out, office cleaning work, shop assistant work or cleaners work or childminding work for full time or part time. She has experience. **MOLLY: 071 255 9859**

Moses is looking for garden work, full time or part time. Has experience. Reference: 078 504 8448 **MOSES: 087 106 0438**

Moses is looking for garden work, he has experience. Reference: 072 234 0389 **MOSES: 066 044 011**

My domestic worker of 4 years is looking for work 2 to 3 days a week. She is very honest reliable. Contact Reference **0826567511**

Patricia is looking for general work or construction work or office cleaning work or any cleaning work. She has experience. Reference: 078 6222 835 **PATRICIA: 076 971 9399**

Patricia is looking for office cleaning work, tea lady work or general work, orphanage home work or old age home work. She has assisted in the office with admin work - printing copies & filing. Has certificate for factors that contribute towards Healthy living & Demonstrate Understanding Of HIV & Aids & its implications. Reference: 082 857 3432 **PATRICIA: 073 691 3492**

Queen is looking for administration work, receptionist work, office cleaning work, tea lady work, domestic work sleep in & has experience, childminding. She has Matric, previously worked in a bank, has code 10 drivers license. Reference: 072 798 1332/071 314 **9385 QUEEN: 082 341 0253**

Reuben Jere needs a job, any job **061 044 1882/062 522 7755** Reference: 072 282 9878 or 072 244 6206

Rhulane is looking for driver work has code EC1 drivers license + PDP or stores clerk work (issuer & receiver) or forklift operator work or truck mounted crane operator with 10 ton capacity work. He has a lot of experience, also has certificate in computer introduction & introduction to microsoft word. Reference: 072 603 9996 **RHULANE: 078 400 4136**

Rosina is looking for 3 days domestic work, she has experience. Reference: 083 554 3435 **ROSINA: 072 534 0878**

Sarah is looking for full time domestic work, childminding work, can look after elderly people. Sleep in/out. She's hardworking & very responsible in completing her tasks. Has experience. Reference: 012 664 3807 /083 726 7144 **SARAH: 079 748 8506**

Sophia is looking for old age home care work or general work for full time or part time. She has experience. Reference: 076 679 1063 **SOPHIA: 073 509 2865**

Stephen is looking for building work or work in a construction site. Has experience. Reference: 082 552 4657 **STEPHEN: 079 555 1047**

Treiltje is looking for domestic work for 3 days or everyday, she has experience. **TRUITJIE: 076 046 0960**

Trustworthy, dependable domestic worker has been in my employment since 2000. Seeks full-time work due to my pending relocation. Reference: 082 385 4691 **Leah: 064 610 5992**

Tshwarelo is a young reliable man looking for any open vacancies. I am very good with communicating with people. I am looking for a full time job. Bilingual Afrikaans and English. Preferably office jobs. Matriculated in 2018 with admission to Diploma. Reference: 082 878 4297 **TSHWARELO: 066 385 6631**

Virginia is looking for general work or shop assistant work or cashier work. She has experience. Reference: 076 828 1514 **VIRGINIA: 060 832 9734**

## TE HUUR TO RENT

**Akkommodasie:** Beskikbaar Schoemansville. Ten volle gemeubileerde kamers en suite. Aandete plus onitp of kosspakke. Dstv, wasgoed ingesluit. Ruim spasie en ontspanningsgeriewe. **Kontak Eugene: 072 693 3600**

Available 1st June, halfway between Brits and Hartbeespoort on Silkaatsnek Rd. 1 Comfortable 2 bedroom, 2 bathroom, laundrette /pantry spacious open plan, fenced garden, carport. Rent includes water, rubbish removal and A.D.T. armed response. Electricity extra. Deposit required. **Phone Ansa 072 141 6977 or Stuart 082 787 9446**

Gerieflike 4 slp kamer huis te huur in Iaffi. 2 Badkamers, groot kombuis, groot speelkamer met kroeg. Braai area, swembad, volle dstv, W&L ingesluit. Veilige parking vir 2 voertuie. Prys **R12 000,00 pm** onderhandelbaar plus volle dep. **Beskikbaar 5 Mei 2019. Geen honde. Kontak: 076 757 5475**

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**Huur: Xanadu Lifestyle Village** **Ned vir persone oor 50 jaar** Moderne Ruim vertrekke in veiligheids komplekse **R8,000,00 pm** Onmiddellik beskikbaar 2 Slaapkamers baie ingeboude kaste 2 Badkamers 1 met bad en hand stort 1 met vol stort Oop plan Sit en Eetkamer Kombuis baie kaste Enkel motorhuis met plek vir wasmasjien en tuimeldroer Gevestigde tuin Geen honde **Kontak 083 6883 885**

Onmiddellik 1ste Junie, halfpad tussen Brits en Hartbeespoort op Silkaatsnek pad. 1 Gerieflike 2 slaapkamer, 2 badkamer, laundrette /spens en gerieflike kombuis en leefarea. 1 kar afdek. Ingesluit ADT vullis verwysing en water. Elektriese rek. uitgesluit. Deposito word verpag. **Skakel Ansa 072 141 6977 of Stuart 082 787 9446**

**Office To Rent 309m<sup>2</sup> Contact 071 677 2117**

**Te Huur:** Gemeubeleerde bachelor's woonstel te huur **R5 000 p.m.** Water en ligte, Netflix and Wi-fi ingesluit. Dadelik beskikbaar. Schoemansville, Hartbeespoort. **Bennie 083 3273 978** **Clarinda 076 1516 005**

**Te Huur:** Gemeubeleerde bachelor's woonstel te huur **R5 000 p.m.** Water en ligte, Netflix and Wi-fi ingesluit. Dadelik beskikbaar. Schoemansville, Hartbeespoort. **Bennie 083 3273 978** **Clarinda 076 151 005**

**Te Huur:** Gemeubeleerde "Bachelor" woonstel vir enkel persoon. Privaat ingang. Onderdak parking. Geen diere. Volle deposito verlang. Water & ligte ingesluit. **Kontak: 073 179 2569**

**Te Huur Melodie:** Baie ruim 3 dubbel slp, 2 1/2 bad, plaaskombuis dubbel motor afdek. Aparte studeerkamer of 4de slaapkamer. Ruim lapa met braai area. Baie veilig. **R8500 pm.** Onmiddellik beskikbaar. 5 Minute se stap na winkel komplekse. **Kontak: 076 540 5009**

**Te Huur Schoemansville** 3 Baie veilige gerieflike 1 slaapkamer woonstelle te huur. Geen honde. 1 Parkering vir elke woonstel. **R3500 p/m** + volle deposito. Pre paid krag. **Beskikbaar 1 Junie 2019. Kontak: 076 757 5475**

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**To Rent:** Apartment in Meerhof. 1 Bedroom. Secured parking. Prepaid electricity. **R3,500 p/m. Contact: 082 820 2683**

**To Rent:** House to rent on plot in Elandsfontein near Neca and Broederstroom. 4 Bedroom, 2.5 bathroom, 3 living areas and double garage. **R8000 pm**, electricity included. **Anria 083 444 8087**

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**TO RENT IFAFI** 3 Bedroom Townhouse, 2.5 bathrooms, garden, single garage, double carport, secure complex to rent from 8 July. **R8000.** Prepaid electricity. Full deposit. **Contact 083 610 2780.**

**To Rent Meerhof:** Amazing viewsite of the whole dam. 2 Bed en suite, lounge, modern kitchen, unfurnished. Automatic gates. Sunsets to die for. **R6800** unfurnished. **Contact Attwell: 083 763 3945**

**To Rent Meerhof:** Spectacular 1 bedroom cottage with amazing views of the dam. On spot parking **R3800 p/m.** **Contact Attie: 083 763 3945**

**To Rent Meerhof:** Spectacular dam views, 3 bedroom en suite cottage style home, traditional garden. Secure 2/3 car parking. **R12 000 pm. Contact 083 763 3945**

**WOONSTEL TE HUUR** Eenslaapkamer woonstel in komplekse op plot by Zilkatsnek. Rustige omgewing. Veilige, netjies. Geskik vir senior egpaar of enkeling. **R3 300 p.m**, krag ekstra volgens meter. Gelyke deposito. **Naude, Bergenbos, 072 136 1109.**

## EIENDOM TE KOOP PROPERTY FOR SALE

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**Schoemansville** 3 Slp huis met ruim leef area 2 badkamer. Geleë naby skole. 1 Miljoen. **Kontak 079 491 7488** **079 495 9933**

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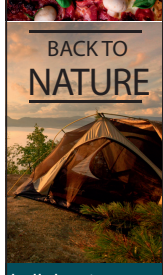
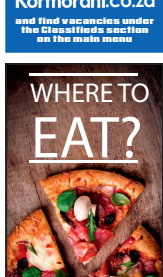


**LAERSKOOL KAMELDRIFT HET DIE VOLGENDE VAKANTE Disziplinêre - / Beradingspos (Raadgewing) BESKIKBAAR:**

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# NOTICES

## ALLY INVENTIONS – CK 2002/070714/23

Please take notice that Pieter Banninga intends making application to the Commission of CIPC, for the re-instatement of ALLY INVENTIONS Registration no. 2002/070714/23. Please take further notice that any objection to the application must be lodged with the **Commission of CIPC**, and **OKS Accountants (O'Kennedy & Swartz)** (fax: 012 259 0373) within **twenty one (21) days** as from date of publication.

## NOTICE TO CREDITORS IN DECEASED ESTATE

Estate Late: Tsholofelo Bernice Tselane  
ID Number: 7609220631080  
Estate Number: 002457/2019  
Last known address: 47 Kingfisher Drive, Peacanwood Golf Estate, Broederstroom  
Date of Death: 01 January 2019  
All persons having claims against the above mentioned Estate are required to lodge their claims with the undersigned within 30 days after the date of publication hereof.  
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## VACANCY ESTATE MANAGER

A well-established Estate in the Hartbeespoort area is looking for an experienced mature Estate Manager.

Your role as the Manager will include but not be restricted to the following:

- Management of Estate's Projects, Budgets, Human Resources and Equipment.
- Ongoing management of the Estate's infrastructure including Sewage works, Water purification plant, Electrical reticulation, roads and gardens.
- Liaison with the Estate's Board and Members as well as external Stakeholders.
- Ensuring adherence to the Estate's policies and procedures, and all activities and actions related to implementation and enforcement.
- Compliance with all applicable regulations and acts (Labour, Water, Air, Safety, Finance).

The position requires the applicant to be a self-motivated, organised, assertive and skilled in Microsoft Excel, Word and PowerPoint. The applicant will be required to have their own transport and excellent written and verbal communication skills in both Afrikaans and English.

**Candidates are invited to submit a detailed CV to** mgeha@telkomsa.net

**Shortlisted candidates will be contacted electronically by 24/05/2019.**



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**Metanza has the following vacancies at a mineral processing plant near Brits, North West**

**Ref no: JUB170519: Instrumentation Technician x 1 (Patterson grade = CL) Instrument Technician**

The successful candidate will ensure that the plant and infrastructure are maintained in line with industry, company and SHEQ standards. The candidate must have a minimum N4 or equivalent qualification in process control and instrumentation with 5 years process plant maintenance experience. Experience on Allen Bradley L78 plc's is beneficial. A valid driver's license is compulsory

Please e-mail a concise 3-page CV in MS Word or pdf format to [info@metanza.co.za](mailto:info@metanza.co.za) please put the position reference for in the email subject. **(No hard copies will be accepted)**

Closing date **24 May 2019**. Please regard your application as unsuccessful if we do not contact you within 30 days of the closing date. No correspondence will be entered into.

## Administrator Vacancy

Residential estate in the Hartbeespoort area requires the services of an experienced administrator.

### Role and responsibilities

The ideal candidate would have extensive hands-on experience in finance, inventory control, administration, secretarial, word processing, communication and customer service. Monitor monthly expenditure in relation to a set budget, place orders, process expenses for authorisation, maintain a petty cash register. Maintain and control inventories. Attend to the requirements for cleaning material, refreshments and stationary as authorised. Quickly and effectively resolve stake holder queries. Excellent executive minute taking, report writing and presentation skills. Management of the data base, accurate storage and retrieval of all documentation, word processing. Event planning and personnel administration. Provide administrative assistance and to work closely with and report to the General Manager.

### Good understanding of:

- Residential estate management
- Administrative processes
- Financial management
- Secretarial functions
- Internal and external communication
- Data Management
- Word processing

### Key requirements (qualifications and skills)

- Diploma / Certificate in Business Administration
- National Senior Certificate / NQF4
- NQF4 Bookkeeping
- Fully computer literate - MS Office Suite
- Minute taking
- Customer Service
- Excellent verbal and written communication skills in English
- Minimum of five years' experience
- Valid driver's licence

Submit your CV and motivation letter for the attention of the Estate General Manager by E Mail [estatemanager@xanadu.co.za](mailto:estatemanager@xanadu.co.za). Closing date for applications is the 24 May 2019. Only shortlisted applicants will be notified.

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## Chanté gekies vir Noordwes netbal

Chanté Frielsaar van Hoërskool Hartbeespoort is gekies vir die onder 16 Noordwes Netbalspan.



## Venica wen Noordweskleure

Venica Roos, 'n leerder van Meerhofschool, het onlangs aan die Noordwes akrobaat kampioenskappe deelgeneem. Sy het 'n 1ste plek behaal en gekwalifiseer vir haar Noordwes kleure.



## The Mountain Cambridge School excels at SACOPA

The Mountain Cambridge School excelled at the South African Championships of Performing Arts (SACOPA) during April. The MCS Elite junior team from Grade one to three participated in four acting categories namely Open, Dramatical, Classical and

Contemporary and obtained one gold and two silver medals. The MCS Elite senior team from grade four to 12 participated in four similar acting categories and received one gold, two silver and one bronze medal. Both teams have been selected to be part of team South Africa.



The MCS Elite senior team from grade four to 12 are (back) Lefa Ledwaba (Sacopa acting solo), Karabo Mabothe, Amahle Mdluli, Thenjiwe Aphane, Zane Luke, Lebone Mabothe, Kgosi Bela, Omolemo Thwane, Kea Ledwaba, Thandekile Ndlovu, Alizee Evans, Buhle Mdluli, (middle): Mpumi Ndamambi, Kgolagano Ramatlo, Danai Mawoko, Carmen Sittig, Nicola Olivier, Luphelo Mdluli, Mpho Muade, Bruce, Thloale and (front) Oratile Komape.



The MCS Elite junior team from Grade one to three are Beatriz Vicente Dos Santos, Segale Maleka, Isle Stoltz (Sacopa vocal and duet acting), Maggie Janse van Rensburg, Ilan Stoltz, Boikgantsho Maholo, Tshepi Thwala, Noluthando Ndamambi, Kgalalelo Komape, Zinathi Mdludlu and Jessica-Lee White.

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### Hartbeespoort girls join provincial hockey team

These five girls from Hartbeespoort High School were selected for the North West provincial hockey team. They are Refilwe Mathibedi, Orabeng Masilo, Kele Mdawe, Hope Ngobeni and Huda Valley.

## Hartbeespoort students excel in mathematics competition

Four Learners from Hartbeespoort excelled in the Gauteng Regional A+ Students Maths competition held on Saturday, 11 May. Alizee Evans received first place, Claudia Wendemuth second place and Oliver Wendemuth and Quinn Evans both received a silver medal in their respective competence categories. These achievements will secure them a place in the national competition later this year

where math enthusiasts from all over the country will compete for a place in the international team. The national team will travel to Taiwan in December where they will compete against more than 20 countries from all over the world. A+ students is a math programme where children learn exceptional skills in multiplication, subtraction, division, fractions and square roots.



Alizee Evans (Mount Cambridge Grade 7), Claudia Wendemuth (Pecanwood Grade 7), Oliver Wendemuth (Pecanwood Grade 4) and Quinn Evans (Mount Cambridge Grade 1).

## Dansers na wêreldkampioenskappe

Michelle Botha en Marlinay Theron, onderskeidelik graad 10- en graad 11-leerlinge van Die Hoërskool Wagpos, is dansers van internasionale gehalte en gaan Suid-Afrika verteenwoordig by die Dance Star Wêreldkampioenskappe. Meer as 3 000 deelnemers van meer as dertig lande word by dié kampioenskappe in Kroasië van 15 tot 29 Mei 2019 verwag. Albei is ook van die spesiale gaste by die openingseremonie weens hul uitstekende prestasies.



Michelle Botha en Marlinay Theron

## Tennisspan wen teen Cornwall Hill

Hoërskool Hartbeespoort se tweede tennisspan het 36-31 teen Cornwall Hill gewen.



Sbusiso Zitah, Riaan Visagie, Stephan van der Colff en Henco van der Merwe.

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# Sport Buzz

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## The Canon South African Disabled Golf Open

Mike Browne's title defence in the Canon South African Disabled Golf Open got off to a solid start as the Englishman carded a two-under-par 70 to share the first round lead at Magalies Park Country Club on Monday. The 41-year-old former Royal Artillery gunner reeled in a hat-trick of birdies to match the opening score of seasoned Australian veteran and fellow leg-amputee Geoff Nicholas. Les Autres pair Charl Theron and Iglis Grobbelaar tied for third on five-over. Cape Town leg-amputee Morne Cronje finished alone in fifth on seven-over, while four-time World One-Arm champion Reinard Schuhknecht and leg-amputee Trevor Reich finished a further shot back in joint sixth. Browne went wire-to-wire to capture the title in his first disabled championship start a year ago and, with the introduction of official world ranking points for golfers with disabilities this season, the Englishman is keen to double up in the 21st edition of the flagship event. "I had already decided to come back to defend, but when the world rankings were announced it raised the bar even higher," said the United Kingdom's first amputee pro golfer. "Over the last year, I split my time between the TP Tour in England and the Florida Pro Golf Tour in the United States. I've also played the qualifying schools in

Europe to gain experience and the qualifiers for the Challenge Tour. The dream is still to compete on one of the main Tours and competing abroad on different courses and conditions helps me to build experience." Brown only took up golf six years ago after losing his right leg below the knee while serving in the military. He got his handicap of 28 within two years and enjoyed a storied amateur career. He turned professional on the advice of former Ryder Cup captain Mark James and currently plays off scratch. Last August, he smashed the world record with a drive of 564 yards (515 metres) during a long drive competition on the runway at RAF Honington in Suffolk and he used that distance to great effect at Magalies Park to capitalise at two of the par fives on the homeward loop.

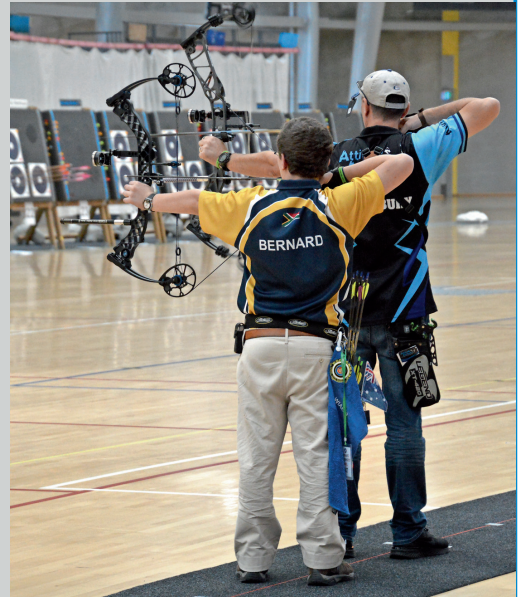
"I was one-over through the turn, but I birdied 13 to get back to level par. I stuck it close on 14 and boxed the putt to get into red numbers for the first time. The 18th is quite long; about 550 yards. I went for it in two, and almost made eagle, but the putt lipped out," said Browne. "The course is in great nick and the greens are fast, especially the downhill putts. I expect it will get even faster as the tournament goes on, so it was nice to finish off with a birdie and make a half-decent start."



Mike Browne at the 2019 Canon South African Disabled Golf Open in Magalies Park

## Bernard presteer in Nieu-Seeland

Dertienjarige Bernard Badenhorst van Meerhof in Hartbeespoort, het vanaf 8-12 April 2019 in Wellington, Nieu-Seeland, deelgeneem aan die WIAC (World Indoor Archery Championships). Hy het uitstekend presteer en twee wêreldrekords, 'n 18-jarige eendagrekord en die 11-jarige driedag wêreldrekord verbeter



## Laerskool Bekker maintain unbeaten record



Bekker Primary School's first rugby team maintained their unbeaten record when they played against Glenharvie Primary School recently. The first team beat Glenharvie 12-0 and they remain unbeaten in their rugby league matches this term.

Photo by Deidre Lindermann



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