

On
Sale
R2.00

Eish!

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The newspaper for all the people of the Eastern Free State November 2007

P.O. Box 265, Clarens, 9707. Tel: 058 256 1664 Fax 058 256 1649

www.eish-news.com

WELCOME STEEL WINGS



Clarens 2007

Itinerary 09th - 11th

Friday, 9 November

10h00 all Gauteng chapters and guests arrive at Villiers, Engen Garage

11h00 mass ride to Reitz

12h30 lunch at Reitz

14h00 depart for Clarens.

15h30 to 18h00 registration at marquee tent, town square

18h00 party time.

Saturday, 10 November

09h00 to 10h00 late registrations

09h00 - Overdose on Essential, Berocca c, black coffee, and tip the nice waitress

10h00 for 10h30 Time trial starting at the marquee. (Collect 3 tickets, one at the start, 1 at mountain at game reserve, 1 at Fouriesburg, then clock in at Clarens)

14h00 Games

14h00 Slalom

14h45 slow race

15h30 down downs

16h00 Water balloons

17h00 Auction of Harley donated by Harley Gateway, 1000 hills, Rivonia and Clearwater, profits to charity.

17h00 - Presentation to Steel Wings by CDA Chairperson Pat Raubenheimer

17h00 Prize giving

18h30 Party time

Sunday, 11th November

09h01 onwards, have high fat density breakfast, copious amounts of coffee, leave at your own leisure.

General:

Coloured armbands will be issued

Each bike will get a ribbon, either blue or pink, for judging of bikes and lucky prizes.

Braai packs on sale at marquee, Friday and Saturday.

Support your Steelwings pub in the marquee, a large % of profits to charity.

Check your sms's for announcements.

Wear your helmet and riding gear all the time.

Always carry your id and driver's license, for emergencies.

Please do not ride after dark, be considerate to the townsfolk.

And most importantly, enjoy yourself!

A big word of thanks to Engel&Voelkers for sponsoring the marquee.

STOP PRESS

The River Ranger Company has been nominated for the prestigious Flag Ship Award. This award is presented to those companies that have generated additional community based programmes.

Clarens "Keep our area clean" programme will be covered in the next copy of EISH!

Conservancies within the Bio-Region will be receiving T-Shirts promoting this clean-up campaign.

Keep the 03rd December open for a braai and talks on Iron Age Diggings in the ares as well as Rock Art Paintings.

Clarens Let's Go That Extra Smile - Please!

**35 jaar DIE MARKLEIER
VIR HALFTONNERS**

Sedert 1972 (35 jaar) het die Nissan 1400 std bakkie die standaard gestel vir halfton bakkies in Afrika.

Slegs R 65 000

Voorraad raak nou 'n probleem. Moenie die kans misloop nie.



- 47kW
- 97Nm
- 12 maande/ ONBEPERKTE km waarborg
- 3-jaar waarborg teen roes en korrosie
- 1400cc enjin

Barloworld Motor

Barloworld NISSAN Bloemfontein
Oos-Burgerstraat 69, Tel. (051) 448-9401

The contents of this publication is not necessarily supported or the views of Speckled Bean, Eish or the members of its staff.

Adventure is my business

Adventure is my business, and my passion. Only rivers and nature are a bigger passion in my life. Therefore I would love to spend the rest of my days here in beautiful Clarens, the "Adventure Capital". But will that be the case, or will Clarens become over-commercialised and ruined by money hungry developers and then I will have to move on again in 5 years time? I followed the whole story about the looks of the 2 new hotels on the Eish E-News with interest.

Ek het vir baie jare op die Vaal rivier net buite Parys gewerk en gesien hoe die rivier jaar na jaar agteruit gaan. Daar was nou onlangs weer 'n hofsak nadat een van die oewer-eienaars sy riool reguit in die rivier laat uitspoel het. Daardie selfde persone wat nou op die Vaal rivier is, kyk almal met honger oë na die As rivier, want die Vaal is besig om sy aantrekkingskrag te verloor. Soos alreeds genoem, riviere is my passie en ek sal nie wil sien dat die As rivier ook uitgebuit word nie.

Hier op die As rivier word nou alreeds die een kragstasie na die ander gebou, wat my erg bekommer. Die natuurlike loop van die rivier is alreeds heeltemal vernietig op die plaas waar ek nou vir 'n jaar lank die plaashuis daar gehuur het. Ek doen nou al vir meer as 3 jaar "white water raft" trips hier op die As rivier en ek dink Simon en Ollie sal saamstem as ek noem dat ek die grootste rafting-operateur op die oomblik hier op die As rivier is. Therefore, how is it possible that no-one from the Ash River Conservancy contacted me about the planned power-station just below the Outfall and to get my input. I didn't run many trips during Winter and therefore didn't get to the river and didn't see the notice that they put up there before it was too late. Do the 4 Conservancies in and around Clarens really mean anything, especially when it comes to the big developers with the big money or are they only good for taking out alien vegetation?

Is natuurbewaring, in en om Clarens en omgewing uit te bou tot een van ons mooi land se gewildste toerisme aantrekkingshede, werklik die doel, of gaan die ontwikkelaars met die baie geld wen en Clarens se karakter heeltemal verwoes?

Vriendelike groete
Kallie Zwahlen

All this sewerage is flowing into the Little Caledon River

by Steve Dunkley

John Matchett, Dawn & Rodney and I met yesterday so that John could point out the sewerage and the manhole cover problems (between Kgubetswana and Larola) to both myself and Councillor Mashinini, which I had previously arranged. Unfortunately, Cllr. Mashinini had to change her arrangements - attend a meeting in Bethlehem and having no transport, had arranged a lift at 1.45 p.m. with the teachers. John gave me sufficient information and background and Stephen emailed photographs which he had taken that morning. I put some words together, plus the photographs and picked Adelice Mashinini up this afternoon and Ralph and I took her to the site(s). I sat down with her in her home to explain the gravity of the situation gave her the report and told her to use it in her own words, but that she must fight strongly. I said we would hope to avoid any litigation (I didn't use that word!) when we knew the resources were there to fix the problem. Also took her around other areas (Phahameng & Kgubetswana) with similar problems. Both these major sewerage spills are at the main entrance to Clarens from Fouriesburg. Adelice doesn't have transport so I don't know how she can get around and view the problem areas. Anyway, the report follows - attachments take up too much space so I have not included the photographs.

Walter has just phoned me to say that Robbie Martin contacted him to get him to come and look at the problem - Walter explained the change in leadership. I updated Walter as above and asked him to send Robbie's contact details to me. Apparently the effluent is flowing into Robbie's dam - he had an e-coli check done and "there's enough to kill a bull" - I will get full details from Robbie when I contact him. Robbie has apparently had this problem before and it was fixed, for a time. He is keen to be involved.

Keep
Our Area
Clean
Please!

BEING AN ARTIST AND LIVING IN KGUBETSWANA

by Tshweu Motloug

The story of the artist Sam Tshabalala is an interesting one! Raised and living in a community where art is not taken too seriously, the only way to hone his love of art is by associating himself with those who share his interest - other artists of course. Not to say that Sam is being isolated because he is an artist, not a chance! His work is highly admired by art fanatics. Figuratively speaking, Sam is a lone traveller. He has taken a path not everyone would normally take.

The intention, when I met him, was to talk to him about his family's perspective on art and him as an artist. But we had, for some reasons, changed the direction of the discussion altogether. We found ourselves talking of *Kgubetswana's* perspective on this interesting topic.

He appeared very serious at the beginning of our interview, then one question jumped into my head! Did I, in anyway, look too serious? I knew I had to get straight to the point to avoid any possible confusion. A few of the people I have talked to appeared nervous, but when you start talking about something they like or do, smiles quickly show on their faces, and Sam is no exception!

Having started "drawing" at school, from an early age Sam knew he wanted to be an artist, but the question was how? However so, he persevered. It was in 2004 when he started attending Al Tiley's classes that his potential began to show up. He then worked with other local artists like Coen Pretorius and Janie Wilson, to mention but a few. He has shown a great artistic flair and most of his watercolours are landscapes.

Using the Addy Hoyle Gallery's motto: "Life as an artist is very hard, but someone has to do it." It is so true when looking at Sam's life. It is not easy to earn a sustainable income living as an artist in Kgubetswana. "People appreciate art around here, but they cannot pay for an art piece." Sam says after a brief pause. This can be the result of many people not taking it seriously, or maybe one friend of mine was right when saying that art is a "white people thing." Though the saying was just an opinion and is not necessarily true, it can be believed at times like these. Considering that art is highly productive in the Clarens part of this village.

Today Sam is on the cusp of so many opportunities, including a trip to Germany. (Discussed in the Speckled Bean September 2007). It's proof that he is very talented and nothing can stop him, including his background!

Clarens Bioregion Conservancy

ATT: Ms Mastive Mashinini

On behalf of the Dihlabeng Municipality

Dear Sir/Madam

Field Ranger Information:

As the Field Rangers of the Clarens Bioregion Conservancy, our main job is to conserve nature and to try and help people understand the importance of a clean and healthy environment by giving them skills through our supplying Environmental Education.

On the 10th to the 14th of September it was National Cleaning Week. The rangers will be attending schools and work places in our community. The main thing we will be doing is explaining the importance of humans in the environment, and to explain how human life interacts with the environment.

This was followed by a three-day cleaning campaign, on the 26th, 27th and 28th of September.

We have met with, and agreed with the Clarens Ward Councillor, Ms Mastive Mashinini, that our campaigns are a good thing for our town, to try and clean it up, and keep it clean through education.

With due respect, we are hereby requesting the help of the Clarens Municipality in providing the following for us:

Transport, Refuse bags, Gloves, Food, Should you need to contact me, you can reach me on 082 622 9071., Yours Sincerely, Sam Miya, Field Ranger Supervisor, Clarens Bioregion Conservancy

Due to the heavy rains this job was rescheduled for 1st November. A great job well done by all - Over 560 Bags of rubbish collected. Thank you Sam!

Are residents in Larola Affluent or Effluent?

Residents in Larola have been complaining for some time now regarding the sewage system that is forever getting blocked and as the photos indicate causing a health hazard to not only Larola residents, but to those of our neighbours in Kgubestwana. Not only is there a problem in Larola but the pump station in Phahameng was also recently leaking effluent, as was an open drain below houses in Kgubestwana, this is an ongoing problem. The effluent flows across the field where children regularly play and animals graze, the effluent then makes its way under the Fouriesburg road into a spruit that eventually feeds a dam on Clifton, and that in turn then spills over in to the Klein Caledon. Surely with raw sewage flowing in to the spruit between Larola and Kgubestwana on a regular basis this has to be a problem that needs to be acted upon now, before the water table is affected (if not already) and residents/ farms further down the spruit do not lose the ability to use water from this source, there is also a chance of diseases such as cholera affecting the local community. What surprises me is the lack of concern from Clarens residents who this does not affect, here we are the Jewel of the Free State, and we are sitting on an ecological and conservational time bomb, and the silence is deafening, it takes a farmer downstream and a small article in the Vrystaat newspaper (6/9/07) to bring to our attention a serious problem right on our doorstep. According to the Vrystaat article, due to the intervention by the Vrystaat the problem has been solved, this is not true as on the 7/9/07 I inspected the problem areas and there was still sewage leaking into the nearby field from the pump station, this problem was eventually fixed on Sunday the 16th of September and while the problem may have been fixed, the raw sewage that was pumped out is still laying next to the pump station. Now if this was in Europe or the United States a clean up crew of men in biohazard suits would have been sent out to clear up this health hazard, but nothing is done to clean up the spillage in Clarens. A comment made to me by a resident affected by these spillages was, "why is there no uproar, is it because Larola and township residents don't matter, or is it because some people believe that there is a better class of person living in the village itself"?

Once brought to Pat Raubenheimers attention, (Chairperson of the CDA), she has been liaising closely with various role players, government departments and concerned residents to try and sort this huge problem out, one such resident is Richard Rennie local resident and world renowned painter who recently bought a house in Larola, who is having endless problems with getting the municipality to come and clean out the sewage pipes that cause back ups and the drain at the bottom of his garden to pop on a regular basis, regular requests to the Clarens municipal manager are met with "there is no support from Bethlehem" and I tend to believe him. The sewage pipes in Larola are meant to be cleaned out by the municipality on a regular basis, (something that has not been done for at least a year and a half) to make matters worse it now seems that the Dihlabeng municipality have decided to route all of the sewage from the new 74 roomed hotel development, as well as other developments in Clarens via Larola to the sewage works, this without consultation with the residents of Larola who are considering getting an interdict against the hotel, as well as other developments until the Dihlabeng municipality consult with the residents, and advise what actions they are taking to ensure that the Larola system can indeed handle the increased inflow of solids into its system. Larola has a closed sewage system that was built by the TCTA specifically to look after Larola's needs and is definitely not, according to those who live there able to handle the extra sewage, especially the solids that will be coming from the new developments, proof being the regular blockages in the system over the last few months, without the extra inflow of solid waste. At a meeting recently with staff from Dihlabeng municipality at Richard Rennies house it was explained that perhaps in the next year or so the sewage coming from Clarens through Larola would be rerouted through another pipe line, a firm date could however not be given for this undertaking. Another problem arises as the pipe from the new hotel coming in to the Larola system is a 200mm pipe, and the pipe through Larola is a 150mm pipe, this is somewhat like Grand Prix cars trying to get through the first corner at Monza, "you just know that there is going to be a bottleneck and most probably an accident" However on the positive side a breather pipe was installed to assist with eradicating the gas fumes that escape from Richards manhole cover and inside of his house. This seems to have helped a little, however to get a machine out to clean the pipes and to remove tree roots that have blocked the pipes has proven to be a bit more difficult, with the local municipal manager saying he does not have the correct machinery, and the maintenance department in Bethlehem saying that he does, in Michaels defence he did bring the machine to Richards house and those present felt that it was not suitable for the job

And if that is not enough it would seem that the sewage works is actually situated too close to a residential area and may need to be removed by the municipality, we also have problems of open manholes as well as storm water drains that after repeated requests still have not had covers put on them, what do we need to happen before they are replaced "a child falling in and being drowned??. Larola residents are also ratepayers and we would like some service from the Dihlabeng municipality.

"We don't need no Education"

Steve Dunkly

At a meeting on the 6/9/07 at Clarens Intermediate 114 parents voted yes and 42 against the new department of education's No Fee status as from 2008. What this means is that Clarens Intermediate will no longer be allowed to ask parents to pay school fees and instead will receive an allocation of R581.00 per learner per year and is broken down as follows

Learner support materials: textbooks, stationery and subject materials R 290.50 per learner per year. Maintenance: non-routine, non-emergency capital improvements and repairs R 4.85 per learner per year. Recurrent costs: Municipal services, communication costs etc R285.65 per learner per year.

So with the three hundred learners at present Clarens Intermediate will receive R 145 500 per year to run the school (school fees in 2006 amounted to R442 906.00) While the 114 parents are celebrating the fact that they will have more money in their pockets the reality of the situation is the following.

The following support staff could lose their jobs (they were appointed by the school governing body and their salaries come from school fees)

Sam: looks after the gardens and maintenance

Anna: janitor, Violet: assistant teacher (has been with Clarens Intermediate for 8 years)

Debbie: Bookkeeper

1 x teacher at Clarens intermediate

2 x assistant teachers at the Nursery school

The school with only R 1455.00 per year for maintenance (2006 spent R70 000 in regular maintenance as well as upgrade of toilets and the building of a new remedial classroom) will invariably fall to pieces, there will be no money for toilet paper, there will be no money for upkeep of gardens and windows, doors, school equipment that is broken will not be replaced. The argument could be that parents will rally together and arrange fundraisers to ensure that shortfalls are made up; the teachers themselves however doubt this.

The grade R class that prepares the children for Clarens Intermediate may have to close, as the department will only pay for the teacher, they will lose two assistants and there will be no money for pencils, paint, paper, glue and all the other items needed to run a school of this nature. For it to keep functioning parents whose children attend would have to pay school fees, or the school must become totally independent from Clarens Intermediate.

The remedial class teacher who was hired to assist children on a one to one, or smaller class basis will have to be absorbed into mainstream teaching which will mean that she has less time to concentrate on those children that need her expertise most.

Contracts entered in to by the school with the banks for Photostat machines, computers etc may not be able to be paid, this could result in legal procedures against the school (costly) and the removal of vital equipment to ensure that the school runs smoothly.

There is no money for teachers to go to workshops, to transport the children to sports events, at present the petrol is sponsored by the school and teachers use their own vehicles to transport the children, recently as far as Witbank where two of the children competed in the SA athletic championships. This means that children who show promise in sports or academics will not be able to compete in events, as there will be no money to do so

Ditholwana Tsa Basebetsi

AGING

IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A DAY IN YOUR LIFE.

George Carlin's Views on Aging

Grace Meyer and a group of women from the Iketsetseng Early Learning centre in Kgubetswana, started an organisation called Ditholwana Tsa Basebetsi at the end of 2001. This non-profit organisation's mission was "to help unemployed black women in the local communities and neighbouring villages to gain their self respect and dignity, by supplementing their incomes by teaching them sewing, knitting, cooking, gardening, candle making and painting."

The project is divided into three, the first being a Mothers & Toddlers project, for babies aged 9 months to three years. It was started in October 2006, when Grace realised there was a vital need for this programme, especially for babies and toddlers who have little stimulation in their deprived home circumstances, and also for mothers who often have little or no knowledge on the development of babies. Compared to when the programme was first introduced, many babies and toddlers, accompanied by their brothers, sisters or mothers now attend every Saturday morning between 9:30 and 11:00 and thrive on this exciting educational programme. This gives them a chance to play and explore developmental toys, while elders learn how important it is to stimulate babies and toddlers at this crucial stage in their development.

The second project is the Sewing, Beading, and Gardening project for unemployed women. This was established after the realisation there was little or no educational opportunity or empowerment which leads to severe poverty in the rural areas of the country. It was realised that the problem can be addressed by giving them opportunities to develop skills, as they have leadership potential. These women are involved in the making of the developmental toys and some of their articles can be purchased at The Secret Garden in Clarens' Main Street.

An Early Childhood project was initiated for children who suffer from educationally deprived backgrounds. By launching Pad Programme, an enriched environment, as well as mental, physical and emotional stimulation, is provided. This has helped many of these children a lot.

It is a point proven by primary school educators that children who are stimulated at this stage of their lives are able to cope well with literacy and innumeracy, alike.

Grace Meyer, project coordinator, has worked with children for the past 17 years and her contribution is of significant importance to the project. She wants to take this project to other Eastern Free State towns.

"I think this project is very helpful in many ways, to children it helps with stimulation - which helps them in later stages of their lives. For us, it helps with stipend, as it is a useful supplement to our income", said Elizabeth Mosia, one of the women involved in the project. Other women involved are Mary and Petronella Rasmeni, Gladys Putswane, Arleta Mofokeng and Josephine Miya. If you would like to support this project in continuing its good work, call Grace on 058 256 1921 or e-mail; grace@internet-sa.co.za.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life ... you become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

It would be a miracle

It would be a miracle if we all could agree with each other. But, then, miracles do happen, I am sure. We have "Eish" informing when, where, why and the not. Then we have the Bean which surely impresses me and most of the visitors to our lovely area. Great! I see, notice, live, hear and observe the friendship, helpfulness and camaraderie and then the petty, whatever with which we in-fight amongst ourselves. Sure we may disagree, even I, with all and Walter on many issues. Then we must thank those who give their time, interest and money to work for all of us. Why am I not there?

Walter, (y)our defence of the whatever we perceive of the new hotel is great. We/our resistance are just as valid. Should we not then leave our personal issues be? If approval by everyone is not required, I agree. Let us apply (Your friend). Why your name twice, well if you do not choose our friends carefully, all may love you.

Have you ever asked yourselves what makes you happy? I think it is YOU. Who makes me unhappy, No not someone, it is me myself, ME? I live with resentment and bitterness-it creeps up my arse. I complain about my best half, I have to make the bed. My neighbour and the oke who sits next to me in the eatery complains-whoa, how stupid because now their environment is unhappy. I tell Jody her service was great, the coffee I get comes with sugar! See what happens if we take the love and gentleness home and to our town.

You have all heard about the ghost ship, the Flying Dutchman. When we most wanted to see and be seen, we saw an apparition in the mist and then it disappears. Is that not the story of our lives? We see, we have (even our children), we get involved in life and then we/they move on. It is so short. Let us live for our own happiness and in the process light up the world in neon joy.

Last word. In came to Clarens not because of its natural beauty, but because of its HUMAN beauty. People noticed me, greeted me, talked to me and were there for me. What else can we dream of?

David Laubscher

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever.

Never let the brain idle. "An idle mind is the devil's workshop". And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only

person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is

unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS

REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

And if you don't send this to at least 8 people who cares? But do share this with someone. We all need to live life to its fullest each day!!!



CLARENS RESIDENTS ACTION & DEVELOPMENT ASSOCIATION (CDA)

From our New Chairlady – Pat Raubenheimer

I joined CDA in October, 2006; why did I join? Well, because I care what happens to this village, I guess you could call me a concerned resident. I don't have a business interest, not even a B&B, I'm just a resident.

Walter Siviter, who regrettably stepped down due to overseas business commitments, was instrumental in setting up RAG then CDA; we now have an excellent base to build on. Going forward, I hope that with the support of the CDA members and residents, we can continue to grow, improve and make a difference.

It remains our main objective to look for opportunities to create jobs, alleviate poverty and improve the living conditions of the residents of Clarens and its environs.

We intend building stronger relationships with Council and Dikgatlong Municipality, improve our communication processes with residents, business owners and absentee owners and also encourage all residents/business owners to become involved, whether by volunteering to assist, or just giving feedback.

Judging by the number of emails I see in "Eish!-News", letters in "Vrystaat" and comments in general discussion, there is much to be done. Please be assured that CDA members are all sincerely doing what they can in the time they have available, we could, of course, do much more with the assistance of residents who wish to become involved in any of the following areas:

Block Liaison: – This will be our main communication tool and we need individuals who are prepared to take on the role of listening to community members and feeding back to CDA and vice-versa. We have divided the village into "blocks" each having a representative to ensure good communication on matters affecting those specific "blocks" and the village in general.

Service Providers: – We need representation from business owners – restaurants, entertainment providers, B&Bs, galleries, etc., to work on this Committee.

Health, Safety & Environment: - In this Committee – we have a holistic approach covering health issues, police feedback from the CPPF, feedback from the CVC, indeed two of our members, Rob Crowther and Athol Jennings, serve on these other committees.

Civils – Headed by John Matchett, this Committee concerns itself with Public Works, infrastructure, and aesthetics.

Political Liaison: - The purpose of this Committee is to liaise with political office-bearers, local, provincial and national. Rob Crowther leads this Committee and we have two members of CDA on the Ward Committee, namely Dawn Wainwright and I.

Marketing: - Headed up by Garth Brook, this Committee has responsibility for marketing Clarens and its environs, media liaison and festivals.

Finance & Admin: - Last but by no means least is our F&A Committee, which concerns itself with the records of the Association.

All of the above Committees require secretarial support – anyone interested?

There are many areas where CDA's collective expertise can assist and the more expertise we have, the better we can serve the Village.

It's not about sitting on Committees, or having lengthy meetings, it's getting feedback from the community, sorting out critical issues which have been ignored, determining what the Village and its surrounds should look like in 5/10/20 years from now. What we do now can have either a negative or positive impact on the future, with your collective help and feedback; we can take the positive route.

If you are interested in working with us, please contact one of the following members:

Garth Brook	Rob Crowther	John Matchett
Pat Raubenheimer	Chris Salt	Chris Wrogemann

Looking forward to working with you. Pat Raubenheimer

Pam Golding Doing It For Clarens

The local Pam Golding office in Clarens donated 50 fruit trees to local charities and schools in Clarens, as well as 350 flowering bulbs and fridge magnets by means of the local post office. In Kestell over 400 post office drops of flowering bulbs and fridge magnets were also made.

In September the local Itumeleng Clinic in Clarens received 20 fruit trees from Odette Parris and Anne Maree - the ladies of Pam Golding. The clinic is involved in projects to uplift the local community - they already have a vegetable garden for this purpose, therefore the fruit trees will further benefit this project.

Ten trees were donated to the Clarens Intermediate School, another ten to the nursery school and 11 trees to Pababallo's Haven, a Hospice day-care centre for palliative care of children from 0-4 years.

The Clarens Village Conservancy has commended Pam Golding for helping to keep Clarens clean - so far they've donated 9 dustbins, situated on the square and other popular tourist spots in Clarens.

Traditional Healers receive their permits

by Wim Wybenga

Mr Lucky Liphoko of DTEEA (Nature Conservation section) visited the Kgubetswana Community Hall on Wednesday the 8th of August to hand out the harvesting permits to the traditional healers who have applied. These permits cost R50 and are valid for 3 years. 23 permits have been issued so far – there are 47 traditional healers living in the township areas of Clarens/Kgubetswana that the conservancy rangers have met with so far. The permits allow traditional healers to collect 5 specimens of a medicinal plant per day in designated areas. There are of course not sufficient resources in the natural areas surrounding Clarens to be sustainable over the long term. That is why the Clarens Village and Kgubetswana Conservancies are currently in negotiation with the Traditional Healers Committee (THC) to get a medicinal plant nursery planned for the future. 17 ladies attended the meeting.

Mr Liphoko presented a gift of rolled Imphepho (*Helichrysum odoratissimum*) to the traditional healers. The Imphepho was confiscated at a police road block on the KZN border near Sterkfontein Dam. The traditional healers were of course very pleased as it is an important medicine in their daily practices.

The meeting was arranged thanks to the help of a volunteer from Kgubetswana: Daniel Motaung and the Bio-region Conservancy rangers Sam Miya and Alpheus Vilakazi.



Bibliophile Book Launch

Debra Stewart of Bibliophile in Clarens suggested I should write to you about the launch of "Nothingness Haunts Being" a book of poetry and artwork, which will take place at Bibliophile on Saturday 1 December from 11:00 onwards.

The launch will include wine and snacks, as well as talks by Anna Kemp, a writer from Durban, who grew up in this part of the Eastern Free State, and Mick Andrew the writer of the poetry. Paintings by Denise Hill, including the four works reproduced in the book, will be exhibited at the launch.

The Wonderbox Demonstration at Caledon Flies

by Irmgard Kaiser

Did you know that one can cook a full meal with hardly any use of fuel? Of course you will need heat to get the process started, but once your pot full of soup or stew is heated to a boil you can place the whole pot in an insulated box to prevent the heat from escaping, and let the food go right on cooking for hours in its own stored heat.

This age-old method of hay box cooking or heat-retaining cooking is well worth considering. Depending on the food item and amount cooked, the use of a hay-box or fireless cooker saves between 20% and 80% of the energy normally needed to cook food. Wood is becoming less easily available and electricity and paraffin more expensive, so utilising such a method makes a lot of sense.

Traditionally a hay-box is made by putting the steaming pot in a wooden box and stuffing hay all around it for insulation. In the modern version you use two cushions stuffed with polystyrene, placed into a big enough cardboard box to contain the cushions. You boil up your food, rice for instance; place the pot between the two cushions, encasing it totally so no heat can escape; after one to two hours the rice is ready to eat.

Ms Leoné du Preez has been using this economical way to cook rice for years. After moving to Clarens, she thought that this might be a good way to help us to save on fuel and time. She contacted Women for Peace who work with the Wonderbox and arranged a demonstration.

Bridget Oppenheimer has brought the Wonderbox project to life. Together with the Women of Peace the concept is being introduced to the communities all over South Africa. It is a non-profit making venture run by voluntary workers, and dedicated to the general well-being and upliftment of people everywhere.

The demonstration was held on Tuesday at 12 o'clock at Caledon Flies, kindly made available by Mr Garth Brook.

The team consisted of Mrs Delena Khoza, Mrs Nobantu Mankunku and Mr David Molandzi. They travelled all the way from Johannesburg

After their arrival they carried a huge intriguing looking woven basket from their trailer. A set of three gas cookers was set up as well.

The venue filled up quickly and it was standing room only for the latecomers.

Ms Leoné du Preez introduced the guests and then the demonstration began in earnest.

Mrs Delena Khoza explained the concept and had all those present listening with rapt attention.

Delena showed what the Wonderboxes consisted of and how they worked. She prepared a Wonderbox by making a nest in the bottom triangular shaped cushion to take the pot. Mrs Nobantu Mankunku brought a pot of rice to the boil and after cooking it for about 5 minutes keeping the lid on tightly, placed it into the cushion nest and quickly covered it with the flatter top cushion tucking it tightly around the sides. Peeping is not allowed, as heat will escape and the food will not be cooked properly. Most foods do not overcook and can be left longer.

Mrs Khoza then showed an interesting way to obtain your own polystyrene beads. Just pound some nails through a small flat piece of wood. The nail ends are then scraped across a polystyrene sheet and the beads collected and used as stuffing for the cushions

The second part of the demonstration was about the amazing soya bean. Delena explained how versatile this bean is. She used a cup of soaked, drained soya beans which she had minced into grits, then boiled in water for a while. She then poured the mixture through a cloth placed over a bowl and squeezed the cloth to remove the remaining liquid from the pulp. The liquid is the soya milk, so ideal for people with allergies to cow milk, babies with allergy problems and is has been demonstrated that is an effective body building alternative and increase the resistance to opportunistic infections for people living with HIV/AIDS.

The remaining pulp can be used as is, to add to soups, make bread or patties. Or one can let it dry out and use it later as mince by adding a soup stock cube.

Mrs Khoza asked for two volunteers to explain all again to see if everybody had paid attention. They did so well that they received a Wonderbox and soya products as prizes.

To round off the demonstration, three big pots were produced from the Wonderboxes. One contained split-pea soup, the other samp and beans and the third pasta and mince.

The food had been prepared at 6 o'clock that morning by the team and placed into Wonderboxes before they left Johannesburg. By the end of the demonstration the food had cooked to perfection, all by only using heat retention.

Everybody queued up and having been given plates, spoons and mugs, the food was served. There was enough for all and credit goes to the cooking skills of Mrs Khoza and her team. Not a morsel was left over. The rice she had prepared at the start was soft and fluffy to the amazement of all and was also consumed with gusto.

Mealtime over, there was opportunity to buy Wonderboxes at R50.00 each, recipe books at R20.00 each and bags containing 2 cups of dry soya beans at R2.00 each. By the time the audience had left, the whole stock of Wonderboxes was sold out.

Everybody had enjoyed themselves so much and it seems that many households will now be preparing meals the economical and healthy way. Mrs Delena Khoza commented that the visit to Clarens has been one of her most successful demonstrations ever and would not hesitate to return to present another one should there be more interest.

Should you wish further information, contact Leoné du Preez at 082 347 1379.

A great recipe to try: **Spaghetti Bolognese**

Cook spaghetti or any other type of pasta in the normal way.

Soak 2 cups of homemade soya mince or 1 packet dried in 2 cups of boiling water with 1 beef stock cube for about 10 minutes. Add mixed herbs, a bay leaf, salt, pepper and 2 tablespoons of flour. Braise a chopped onion in a little oil and add to the mince mixture. Add a tin of tomato paste or 3 tablespoons of tomato sauce, one grated carrot and 2 teaspoons of sugar. Cook for half an hour and make sure it has the consistency for Spaghetti Bolognese. If available, sprinkle with grated cheese. Try it; it is comfort food, tasty and filling.

Resources:

National Library of Medicine - <http://gateway.nlm.nih.gov/MeetingAbstracts/102231160.html>

Health Cooking - Bridget Oppenheimer's Wonderbox Project



Eish!

Conservation Issues

Mauritius thorn plant

Eish!

Caesalpinia decapetala
By Nancy Matloko

Caesalpinia decapetala commonly known as the Mauritius thorn is an Asian (India, Sri Lanka, China, Japan and Malaysia) tropical plant. It has been described as a robust, thorny, evergreen shrub 2-4 m high or climber up to 10m higher; often forming dense thickets; the stems are covered with minute golden-hair; the stem thorns are straight to hooked, numerous, and not in regular rows or confined to nodes. The leaves are dark green, paler beneath, not glossy, up to 300 mm long; leaflets up to 8 mm wide. The flowers are pale yellow, in elongated, erect clusters 100-400 mm long. Fruits are brown, woody pods, flattened, unsegmented, smooth, and sharply beaked at apex, ± 80 mm long.

This plant falls under the category one plants of the Conservation of Agricultural Resources Act (CARA). Plants from this category are prohibited on any land or water surface in South Africa and must be controlled or eradicated where possible.

Mauritius thorn has become a major invasive plant in South Africa. This deciduous, sprawling noxious shrub with numerous spines forms impenetrable thickets limiting animal movement and smothering other plants. The medium-sized seeds may be dispersed by rodents and granivorous birds and is spread considerable distances by running water. Trailing branches root where they touch the ground.

The invasion by this alien plant species displaces indigenous plants and animals; reduces the productive potential of the land and impacts on biodiversity. Mauritius thorn invades disturbed areas, forests margins, plantations, roadsides, grasslands and water courses. It was brought to South Africa for ornamental purposes and as security hedging. *Caesalpinia decapetala* has been recorded inside and outside Kruger National Park as well as in other areas in the lowveld. The control of this plant is by herbicide and biological control.

Should you have Mauritius thorn in your area, contact the Invasive Species Control Unit/ Working for Water KNP for further investigation and clearing assistance. KNP: 013 735 4114/ 4376

References

HENDERSON, L. 2001. *Alien weeds and invasive plants. A complete guide to declared weeds and invaders in South Africa.* Plant Protection Research Institute Handbook No. 12. Agricultural Research Council, Pretoria.



600 meters above Clarens

Mount Horeb towers some 600 meters above Clarens. It is a landmark that demands attention. To hikers it presents a logical and worthwhile challenge.

It is however not too often that people more senior than 70 years of age tackle Horeb. On the 11th of August a small group scaled the mountain and among them were Athol Jennings (77), Christine Walwyn (75) and David Bunn (72). The picture provides the evidence that they reached the top.

Congratulations!

The view from the top is a stunning 360 degree panorama. It is actually a lovely walk to the top of Horeb, not too strenuous, and people who are reasonably fit can be encouraged to tackle it.

(Dons Kritzinger and company will gladly accompany you up... 058-256-1179.)



Yes, that's what it looks like.



(l-r) David Bunn, Christine Walwyn and Athol Jennings

e-mail your Clarens experience to garth@btwo.co.za

Watch our "Keep our area clean" programme grow and look out for our new T-Shirts, coming soon.

Eish! Conservation Issues **Eish!**

Working for Wetlands

By Conride Mhlari

Working for Wetlands program changing the lives of the poor.

Working for Wetlands is an Extended Public Works Program (EPWP) funded by Department of Environmental Affairs And Tourism (DEAT) through South African National Biodiversity Institute (SANBI) aimed at wetlands rehabilitation and restoration. Central to the program is job creation, entrepreneurial skills development, training and social up-liftment. The criteria to access funding is through submissions of rehabilitation plans and project implementation plan respectively, however wetlands experts within the area of works will conduct an assessment prior to the approval of funding.

What is a wetland?

The Ramsar convention gave the following definition for wetlands- **“wetlands are areas of marsh, fen, peatland or water, whether natural or artificial, permanent or temporary, with water that is static or flowing, fresh, brackish or salt, including areas of marine water the depth of which at low tide does not exceed six metres.”**

According to the South African Water Act a wetland is **“land which is transitional between terrestrial and aquatic systems, where the water table is usually at or near the surface or the land is periodically covered with shallow water, and which land in normal circumstances supports or would support vegetation typically adapted to life in saturated soil”**.

This definition allows us to conclude that there are three indicators, which allow us to decide whether a piece of land is a wetland, or not:

- A high water table
- Hydromorphic soils
- Hydrophytic plants living in these soils

Most people perceive wetlands as muddy places, infested with diseases and mosquitoes and disregard them; however, conservationists believe that wetlands are among the most productive ecosystems, supporting enormous quantities of unique plants and animals. Wetlands include swamps, marshes and floodplains; they not only purify water, but also serve as flood barriers and provide a home and food for many plants and animals. Wetlands play an important role in flood attenuation, slowing down the movement of water, while at the same time acting as a sponge, reducing floods and prolonging stream flow periods. Indigenous and expert knowledge plays a pivotal role in wetlands identification, therefore consultations with both sources of knowledge is critical to wetland management.

Wetland destruction

The worst damage anyone can inflict on a wetland is to drain it for the production of pastures and crops. Other insults to wetlands include overgrazing, excessive cattle trampling and the wrong burning regime. Mismanagement of a wetland often results in erosion, especially in the form of head-cuts (this is a type of erosion that eats uphill towards the flow of water, leaving a huge gully behind it). Channels and head-cuts essentially drain the wetland, dry it out and ultimately destroy it. This erosion negatively impacts on the integrity of wetland health.

Wetland rehabilitation in SANParks

Wetlands rehabilitation activities are currently happening in Agulhas, Golden Gate, KNP and Mountain Zebra, creating job opportunities for the previous marginalized communities. The program currently employ 150 people of which the majority are women, contracted to emerging local entrepreneurs. Local SMMEs are sourced to provide transport and various services to the projects, thereby supporting the local communities adjacent to Parks.

Many National Parks, have wetlands within their boundaries and although these wetlands are relatively pristine due to conservation efforts, however external factors such as flooding, roads and poor infrastructure planning are negatively impacting wetland biodiversity. ISCU in partnership with SANBI is currently engaged in a process of training Park Management Staff in wetland identification courses in order to create wetland inventory for SANParks; this process will assist in understanding wetlands functioning, rehabilitation measures and also guide the process in terms of funding priorities within different Parks that require wetland rehabilitation activities.

For more information please contact the ISCU, Unit Coordinator

Olga Jacobs or Wetlands and Coast Care Implementation

Manager, Conride Mhlari / @ 012 426 5100 / 426 5045

