

## BEYOND ALL LIMITS

DE AAR – This year's annual Alcohol Harm Reduction Seminar, hosted by FARR's (Foundation for Alcohol Related Research) De Aar, Hanover and Renosterberg Projects was a huge success. A total of 131 professionals from as far as Richie, Prieska, Victoria West and Colesberg attended the seminar on 17 May at the De Aar Secondary School. The seminar's theme was "Beyond all limits".

Welcoming all present, the Master of Ceremony, Ms Meryll Smit (FARR's Project Coordinator in De Aar), quoted Jerry Dunn, "Don't limit your challenges, challenge your limits". Mr Riaan Sadie, from the Hebron Christian Church, opened the seminar with a scripture reading about Gideon and his small group of soldiers who bravely took on the masses. Despite being "last in the pecking order", Gideon and his men, strengthened by God, succeeded against all odds and limitations. In her keynote address, entitled "Beyond all limits", the FARR CEO, Dr. Leana Olivier, provided an overview of FARR's programmes on offer and the progress thus far in the Pixley Ka Seme District. She also gave an overview of Fetal Alcohol Spectrum Disorders (FASD), as well as the challenges experienced by children diagnoses with FASD. She ended this very insightful presentation with proposed ways professionals can manage children with FASD and/or behavioural problems and learning barriers. Her presentation motivated and inspired those present to persevere and to continue their efforts even beyond all limits.

The Resound Acapella Group from Britstown stunned the audience with their incredible vocals and elicit warm applause from the receptive audience. Lieutenant Colonel Anthony Hermanus (SAPS) discussed the police force's role and management of Gender Based Violence (GBV) and outlined the assistance professionals and community members should provide in the reporting and management of GBV cases. Ms Kashifa van Syfer, (Dietitian, Department of Health) discussed healthy eating habits and caused quite a stir amongst the audience when she shared the kilojoule contents of some of the most popular snacks and 'treats'. Alternative and healthier options were discussed which resulted in interesting and comical reactions from the audience. The ceremonial cutting of the FARR cake took place during teatime with Ms Ansie de la Querre. (Headmistress, Junior



Die volgende skaakspelers van Laerskool De Aar het die Noord-Kaap verteenwoordig by 'n Inter Provinsiale Toernooi in Bloemfontein. Die Noord Kaap span was die mede wenners van die toernooi. Op die foto verskyn agter v.l.n.r: Abenathi Noyana, Cherise April, Ryann Boucher, Kyle Oberholzer en Chad Rusford. Voor v.l.n.r: Caelyn Ngudle, Emihle Sinigisi, Swazi April en Yongama Mboniswa.



Dr. Leana Olivier and Ms Ansie de la Querre cutting the cake



Dr Leana Olivier and Ms. Emily Diamane cutting the cake.







