
TROMPSBURG'S VOICE

THE 4TH EDITION

A LETTER FROM THE EDITOR



Welcome all to the long-awaited fourth edition of the Trompsburg's Voice, Trompsburg's very own newsletter, compiled by community members for community members. We hope you enjoy the first letter of 2024.

As the editor, I am very excited about the opportunity to bring you new stories, updates and introductions to new people in this edition. Our aim is to create a space where residents can feel heard, seen and valued, no matter how small you feel your voice is.

We would like to thank all the community members who contributed to the success of this newsletter, thanks to all your hard work, excellent journalism and commitment to the search of truth.

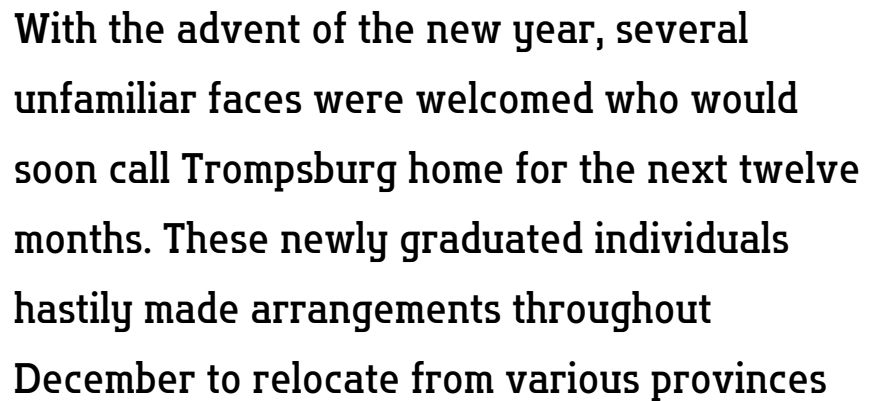
There will be another edition for the year of 2024, so if you are interested in submitting an article for the next edition, please email me at anayvanzyl.ot@gmail.com or come see me at Mamello Clinic during the week.

Kind regards
The Editor

Anay van Zyl
(Community Service Occupational Therapist
at Mamello Clinic)



By Elizmare Victor



Certain healthcare professionals in South Africa are mandated to complete one year of community service at assigned health establishments. Among those assigned to Trompsburg are a medical officer, 2 physiotherapists, an occupational therapist, a dentist, and a radiographer.

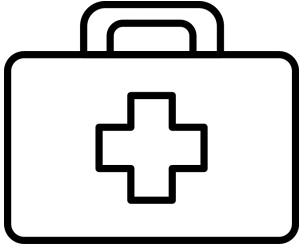
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TEBOGO MALAPANE



Medical doctor - Albert Nzula
27 years old

Hometown: Pretoria
Studied at the University of Pretoria



Interesting fact about you

I advocate for black women to wear their hair in its most natural form. I have been growing my dreads for almost a decade

What is your hidden talent?

Organizing events

Favorite movie and book

Titanic
Holy Bible

Your favorite thing about Trompsburg so far?

Love the country life.
A small town that needs a Checkers

What are your hobbies?

- Hairdressing
- Nail technician
- Writing

Your short bucketlist for this year?

- Explore Free State
- Loose weight

this or that

GET TO KNOW ME

sunrise	sunset
sweet	savory
summer	winter
early bird	night owl
introvert	extrovert
tv series	movies
coffee	tea
burger	pizza
beach	mountains

"To do is to now because tomorrow may never be".



RUNE DU PLESSIS

Physiotherapist – Albert Nzula

23 years old

Does outreaches to Edenburg

Hometown: Durbanville (Cape Town)

Studied at the University of Stellenbosch

“People may forget what you said and what you did, but people never forget how you make them feel.”

Your favorite thing about Trompsburg so far?

- The town’s hospitality and approachability and willingness to serve.
- Coming from the Western Cape, the summer thunderstorms have been amazing to witness.

Your short bucketlist for this year?

- Become somewhat “adequate” in my ability to ski
- To visit and explore more of the Free State (Clarens, Parys, Gariepdam)
- Swim in the canal at Jacobsdal and spring in Trompsburg

Interesting fact about you

I drink about 6 coffees per day, with one as a night cap.

What is your hidden talent?

I can walk on my hands

Favorite book

Voice in the wind – Francine Rivers

What are your hobbies?

To adventure outdoors like hiking and swimming (not laps)

Who is your celebrity crush?

Robbie Wessels

this or that

GET TO KNOW ME

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savory

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ANAY CARINA VAN ZYL

Occupational Therapist - Mamello clinic

23 years old

Does outreaches to Philippolis and Reddersburg

Hometown: Brackenfell, Western Cape

Studied at the University of Stellenbosch



Interesting fact about you

I have syndactyly of two toes of my left foot, meaning I was born with two of my toes fused together.

What is your hidden talent?

I am left hand dominant, but I am ambidextrous in most activities and I am still improving my skill to write with my right hand.

What are your hobbies?

Reading, painting, drawing, arts and crafts, going for walks

Favorite book

The Book Thief by Markus Zusak

Favourite movie

Interstellar

Who is your celebrity crush?

Henry Cavill

Your short bucketlist for this year?

- Go skiing in Lesotho
- Skydive in Parys
- Learn a new hobby
- Sleep under the stars
- Hike in the Golden Gate National Park

this or that

GET TO KNOW ME

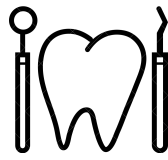
sunrise	sunset
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Your favorite thing about Trompsburg so far?

I really enjoy the hospitality of the people of Trompsburg as they've already made me feel at home.

Perfer et obdura, dolor hic tibi proderit olim – Be patient and tough, someday this pain will be useful to you.

NELINE VAN DER MERWE



Dentist - Albert Nzula

23 years old

Does outreaches to Bethulie and Jagersfontein

Hometown: Cape Town

Studied at the University of the Western Cape



What are your hobbies?

Running, hiking, and exploring new places.

Your favorite thing about Trompsburg so far?

Snobs iced coffee and the new friends I've had the privilege to meet during this year.

Your short bucketlist for this year?

- Visiting Clarens
- Training for a 21km next year
- Learning to cook
- Exploring the Free State

Interesting fact about you

I'm originally from Bloemfontein, but I've been living in Cape Town since 2011.

What is your hidden talent

I'm an amazing cook. You should taste my two min noodles!!

Favorite movie

The Vow is an all-time favorite.

Favorite book

Archer's voice by Mia Sheridan

Who is your celebrity crush?

Ian Somerhalder

this or that

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mountains

"Life isn't about where you've been,
it's about where you're going"

ELIZMARE VICTOR



Physiotherapist - Mamello clinic

23 years old

Does outreaches to Springfontein, Philippolis and Reddersburg

Hometown: Merweville, Western Cape

Studied at the University of the Western Cape



“Have courage and be kind”

What are your hobbies?

- Anything outdoors:
- Horse riding
- Hiking
- Swimming
- Baking and reading

Your short bucketlist for this year?

- Find a place to go horse riding
- Learn how to ski
- Explore the small towns of the Free State
- Go to Golden Gate National Park

Interesting fact about you

I have one rib that is located deeper

What is your hidden talent

I can bake macarons

Favorite movie

The longest ride

Who is your celebrity crush?

Scott Eastwood

Your favorite thing about Trompsburg so far?

The people and their hospitality and helpfulness

this or that

GET TO KNOW ME

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sweet

summer

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tv series

coffee

burger

beach

sunset

savory

winter

night owl

extrovert

movies

tea

pizza

mountains

“SOMEWHERE IN BETWEEN”

By L.G. Makhetha (Community health worker)

The more I go back
The worse the memories
So I rather stay where I am
Somewhere in between lost and found

Back down the track
Too much misery
So I'll pray that I can
Stay where I am not seen
Deafened to the sound

Dont look for me there
Way back down the road
Dont look to far ahead
That's a place Ive not found
This is the road to nowhere

Access of dreamer
Dream whatever success
Think out of the box
Boxes reconsider waves
Waves slight in future



WORKING TOGETHER FOR HEALTHIER BABIES.



By Petro Kleingeld, Project Coordinator, FARR Trompsburg

The Foundation for Alcohol Related Research (FARR) has hit the ground running in the new year. With various awareness campaigns, support programmes and stakeholder meetings, the FARR Trompsburg team has worked tirelessly to support their community in having healthier babies and pregnancies, as well as in raising awareness about fetal alcohol spectrum disorder (FASD).

In our Healthy Mother Healthy Baby® Programme, pregnant mothers get the opportunity to share their fears and excitements in a safe space. They are given information about various topics such as healthy eating, exercises you can do during pregnancy and what to expect when you are pregnant. FARR also supports these mothers after their babies have been born. When their babies are 9 months old, they are invited to a free clinic where FARR clinicians, look at their babies health status. It is always wonderful to see all the happy and healthy babies.

Some of the other activities that are happening in 2024 include the Learner Support Programme which is already in full swing. In this programme

learners who experience learning challenges receive additional support and stimulation to facilitate their educational developmental and learning.

The first FARR training courses for 2024 involving community members, such as the ThinkTwice workshop and a FAStrap® course have already taken place. These trainings included discussions about healthy living, parenting skills, substance use and FASD. The participants left the training encouraged and with new energy and hope for the path forward.

A final highlight of note thus far in 2024 was the Valentine's Day event held as part of the Senior Citizen programme. All the attendees dressed up in red and were treated to a Valentine's lunch. FARR is truly an NGO that puts community first. We would like to thank Aware.org, for supporting FARR's Trompsburg Project.



MA

By Antjie Krog

Ma, ek skryf vir jou 'n gedig
sonder fênsie leesevens
sonder woorde wat rym
sonder bywoorde
net sommer 'n kaalvoet gedig -

want jy maak my groot
in jou krom klein handjies
jy beitel my met jou swart oë
en spits woorde
jy draai jou leiklipkop
jy lag en breek my tente op
maar jy offer my elke aand
vir jou Here God.
jou moesie-oor is my enigste telefoon
jou huis my enigste bybel
jou naam my breekwater teen die lewe

ek is so jammer ma
dat ek nie is
wat ek graag vir jou wil wees nie.



(This poem was inserted for the celebration of Mother' Day on 12 May and is a popular Afrikaans poem that was written by Antjie Krog for her mother)



WHERE'S THE WATER?

By Anay van Zyl

For almost a decade, the small town of Trompsburg and many other towns within the municipality have experienced a severe restriction of their water supply. Many residents have had to rely on boreholes, Jojo tanks and mobile water tanks and water stands to access this basic human right, and the people are fed up. Over the past few years, many towns in the Kopanong Local Municipality, including Trompsburg, Edenburg, Phillipolis, Reddersburg, Bethulie and Springfontein, have experienced increased restrictions on their water supply. This is mainly due to the cash-strapped municipality accumulating close to R600 million in debt to Bloem Water, resulting in a disrupted water supply due to failure to meet payments, as well as damaged infrastructure and limitations caused by frequent loadshedding.

This municipality served Bloemwater, the provider of the bulk of the water supply to Kopanong Municipality, with a unilateral cancellation of their contract letter, thereby leading to the imminent threat of these towns becoming waterless. This serves as a major violation of the human rights of the residents of the towns in this municipality. According to Chapter 2: section 27 (1)(b) of the South African Constitution, all residents of South Africa have the right to access to sufficient food and water. The municipality therefore also breaches the social contract that it has with the residents.

The shortage of water supply has also led to other problems in other sectors of the municipality. The limited water supply has previously led to delays in the opening of the Trompsburg-based Albert-Nzula Hospital and has also led to delays in the construction of the new Special Needs School in Trompsburg, due to struggling to locate a borehole on the premises.

There are many negative consequences when people have such a severely restricted water supply. Most importantly, a lack of water can cause poor hygiene and sanitation, which then increases the risk for various waterborne diseases, such as cholera. This could relate to the recent outbreak of human rhinovirus and influenza B in March in Phillipolis, where about 100 children were infected. Many voiced concerns for the presence of raw sewage in the streets of the township as well as limited tap water for hand washing and flushing toilets as factors that made the situation worse.

Another consequence is that it negatively impacts smaller businesses and therefore the economy of the town. Many small businesses rely on the use of fresh water and had to close or carry extra expenses to access clean water.

Lastly, the lack of access to clean water can have a negative impact on the mental health of residents. This violation of a basic human right can lead to people feeling hopeless and less trusting of the municipality and their ability to manage the town.

If the residents of Trompsburg could not locate a borehole on their property to provide them with water for drinking and other basic tasks, they had to rely on the mobile water tanks and water stands for their water, which is a project that is run by Bloem Water and the Department of Water and Sanitation. They have installed roughly 180 tanks and 185 stands to provide relief to the many residents who do not have access to water. This has also decreased the distances that need to be travelled to fetch water, which is especially difficult for vulnerable populations, such as the elderly, the sick, children and those with disabilities.

There are, however, still limitations for people who want to fetch water from these sites, as many still have to travel kilometres to reach these tanks and they often have to carry heavy loads of water back to their house. This is caused by the limited access to methods of transportation, such as wheelbarrows and motor vehicles. This has led to an increase in musculoskeletal complaints, such as back and shoulder pain as well as worsening pre-existing conditions, putting further strain on the healthcare system.

"Luckily we have a borehole on our property, but our neighbours are not so lucky. They have to walk to fetch their water," says Sisi, a community health care worker residing in Trompsburg. Another resident from Trompsburg, Natasha, says: "I don't have running water at home, so I often have to rely on someone else to drive to their farm to fetch me water, which is usually only 10 litres at a time."

Residents are unsure about the future of this long-term issue and many have accepted it as part of their daily lives, with most making the best of what they have.

Sources: The South African Human Rights Commission <https://www.sahrc.org.za/index.php/sahrc-media/news/item/3618-kopanong-only-free-sate-municipality-with-bloem-water-restriction>
News 24 - <https://www.news24.com/news24/community-newspaper/express-news/contagious-viruses-rocks-free-state-town-forcing-closure-of-schools-20240307>



“A LOVE POEM”

By Letlotlo Praise Thindo (Student)

As I sit down to write these words,

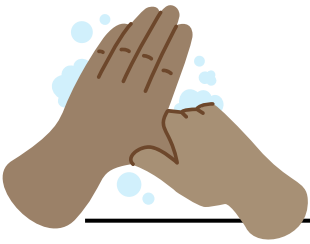
I am filled with the warmth of the love
that surrounds us during this beautiful month of February
This month, with its promises of love and affection,
reminds me of the depth of emotions I hold for you in me heart.

The 14th day of February,
known as Valentine's Day,
is a time when the world celebrates love
in all its forms
For me, it is a day to reflect on the love we share,
a love that fills my heart with joy and gratitude
every single day

Your presence in my life,
is a constant course of happiness, comfort and strength.
With you, every moment is brightened,
every experience enriched,
and every challenge easier to face.
Your love has transformed my world,,
making it a place of beauty and kindness and
endless possibilities.

On this day of love,
I want you to know that my love for you knows no bounds.
I cherish you more than words can express,
and I am grateful for every moment we share together.
You are my partner, my best friend and my soulmate –
there is no one else I would share this journey of lif with.

May our life continue to grow and flourish,
like the blossoming flowers of spring.
Let us cherish each other,
and support each other,
and revel in the beauty of our connection.



IT'S ON YOUR HANDS

By Daleen Venter du Plessis

Like many other people, we took advantage of the March school holiday to take a break from life and do a bit of travelling to near and far places. One unavoidable aspect of travelling is answering the call of nature in unfamiliar places. So it came to be that we visited some public bathrooms with the shocking observation of how many people use the toilet and then leave the bathroom without washing their hands.

Among these was a waitress, whom I recognized from her well-branded uniform, and in another instance someone working in the butchery complete with a hair net and white coat. Here I am referring to two instances where both water and soap were available.

Research from 2009 published in the *American Journal of Infection Control* showed that after urinating 69% of women washed their hands and only 43% of men. They also found that after bowel movement 84% of women and 78% of men washed hands. Before eating, it dropped to 10% of men and 7% of women washing hands.

So simple and yet... mindboggling, in fact, which was exactly the fate of Dr Ignaz Semmelweis who is considered to be the 'father of handwashing'.

Dr Ignaz was working at Vienna General Hospital in 1848. He was faced with a doctor-led maternity ward in which maternal deaths from the dreaded "childbed fever" were significantly higher than in the midwife-run clinic and he wanted to know why. Germs were not yet discovered, and it was still believed that diseases were spread by bad smells in the air. So it was perfectly normal for trainee doctors at Vienna General Hospital to work in the morgue dissecting corpses and then pop up to the maternity ward to deliver a baby all without washing their hands.

The good doctor developed a theory and to test it he ordered doctors to wash their hands and instruments in a chlorine solution. Before the experiment the mortality (death) rate for new mothers was as high as 18%. After he implemented hand hygiene between the morgue and the delivery room the rate dropped to 1%. One would think that with such a dramatic drop in deaths, everyone would be happy but this was not the case. Doctors were offended by the suggestion that they could be causing infections. Most being from middle- or upper-class families, they thought of themselves as very clean, especially compared to the working-class poor.

So basically they felt insulted by the good Dr asking them to wash their hands. The end of it was that Dr Ignaz faced great resistance, lost his job, had a breakdown and died in a psychiatric institution at the age of 47.

As the understanding of germs developed and attitudes to germs shifted, by 1890 to 1900 handwashing moved from something doctors (eventually) did to something everybody had to do. This hygiene-centric era was short-lived due to the development of antibiotics and vaccines. By the early 20th century a laxity crept in. Then in 1970 sexually transmitted diseases started to increase again and people realized that diseases can come back if we are not careful. Today, the World Health Organisation (WHO) reported that 136 million cases of healthcare-associated antibiotic-resistant infections occur worldwide every year.

There is no substitute for handwashing, as today hospitals struggle with superbugs, novel viruses are becoming more regular (think Covid) and the health sector is seeing the re-emergence of bacterial diseases due to antibiotic resistance.

One would think that the one good thing people would learn and remember from the COVID-19 pandemic would be to wash hands and practice good hand hygiene, but seemingly not. We are still stuck in 1848 where many feel that they are simply too "upper class" to carry out the simple act of washing their hands (even if it means better health, possibly even the difference between life or death).

I am sure most of us would prefer to think that our butcher, baker, doctor, teacher and toddler walk around with clean hands, especially when engaging in activities like preparing our food, handling our kids and eating, but history teaches and reality shows that it simply is not to be. Scary to think that many people are simply just running around with unwashed pee, poo and all the other germs on their hands.



World Hand
Hygiene Day
2024

This year, World Hand Hygiene Day was celebrated on 5 May 2024 with the theme **SAVE LIVES: Clean your Hands**. This day aims to promote the importance of hand hygiene and how this plays a role in the prevention of infections and diseases. This year, they encouraged people to create their own version of the poster for the World Hand Hygiene Day campaign and were encouraged to share it on social media. They also created the opportunity for people to use a virtual badge, which can be seen at the end of the previous page, which people could also share on social media. This year, the WHO Infection Prevention and Control Global Webinar took place on 6 May 2024, with a specific focus on why sharing knowledge about hand hygiene is still so important.



For those who are still interested in good hand hygiene, especially in South Africa with water, soap or both often absent, carrying some hand sanitiser in your bag or car is advised with the following tips:

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers, or cleaning up a child who has used the bathroom
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-based Hand Sanitizer

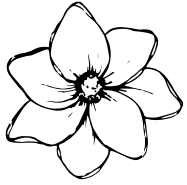
- Before and after visiting a friend or loved one in a hospital or nursing home, unless the person is sick with *Clostridioides difficile* (if so, use soap and water to wash hands).
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains **at least 60% alcohol**, and wash with soap and water as soon as you can.

DO NOT use hand sanitizer if your hands are visibly dirty or greasy—for example, after gardening, playing outdoors, fishing, or camping. If a handwashing station is available, wash your hands with soap and water instead.

After blowing your nose, coughing, or sneezing, you should clean your hands by immediately washing your hands with soap or using alcohol-based hand sanitizer to avoid spreading germs.

Sources: <https://www.cdc.gov/handwashing/why-handwashing.html>

Theguardian.com: Keep it clean: The surprising 130-year history of handwashing



“A JOURNAL ENTRY”

By Kearabetswe Bokamoso Mandaba

(Grade 12 Learner from Trompsburg Secondary School)

We all face different challenges in life, some even force us to the edge where we think holding on isn't an option anymore. We pray but never get the answers we are looking for, and we even ask ourselves what we are doing so wrong that our own father doesn't see or hear us anymore. They say God's timing is always perfect, and no matter the struggles or fears we're facing, our time will come to enjoy and be happy. We all move differently, so now all we have to do is wait while congratulating others. We might question a lot about life, but even when we're too tired to rejoice, we end up blocking everything and accepting our struggles, somehow turning them into strength. I wonder what life would be like; what tomorrow or a year from now brings. I guess we go through all that to say, "Wow, life is good at the end." None of us chose to be here, but I believe you and I are here for a bigger purpose than we know. We haven't made it yet, so we won't go home yet. The Bible says there's no life after death because some would do anything to come back, so love each day and every second your given. Love and light to you.



Stuck between two doors, where one leads to love and the other to the fear of falling in love, it's daunting how your heart always guides you to a place you don't want to go. How long will you keep sabotaging something so great with someone just because you're scared to fall in love or to open that door leading to love? Do you enjoy being stuck between two doors all the time? How many people have you let slip away because you felt something for them but were afraid to reach for that handle to open that space in your life and let love lead you for once? Do you remember how you used to look at that specific person and watch them fall in love with you every time they laid their eyes on you? But you didn't do the same! You didn't show them that you felt the same way also. You kept hiding and masking everything, where it became your mirror, and you forgot how it truly felt to look at someone and just fall in love. Pull yourself out of that cloud where you always think every good things always ends badly. Its okay to share yourself with someone, and when things don't go according to plan, it was meant to happen for those 2 minutes or those 3 months you shared together. Cherish these moments and the love you shared and give that same love you received in your next experience. Sometimes strangers come into your life to teach you how you're supposed to love. So, learn from it and move on. It might look scary to move on, but you can't do that while standing in the same spot. Take the first step and see yourself fall in love again.



I envy those that are not constantly told by their fear of falling not to relax. You can't break a glass and expect it to hold water when you pour in it. What's even more heartbreaking is the next person can hold you and assure you, but it will hurt you that you will never give them your best self. It will hurt you that they will fix what they didn't break. It's a cruel world out there, you just have to blend in, or else you'll end up giving the last pieces of yourself to heartless people. We learn but be careful of how you learn in some situations, because that can mould you into a completely different person. That's why people end up losing themselves in some situations. You will lose yourself trying to make it whole again.



You'll end up cutting away at yourself trying to fill it up, not knowing your cutting pieces away you'll never get back. Don't ever dig deep because you're burying yourself. What can I say? Toxic is the new romantic. No matter how you study a person, you'd never find their true core, so don't bother yourself. Feelings come and go, so be sure of how you feel about someone because you might be confusing something else with feelings of love.



Growing up, they say things get better, or you'll understand more as you grow older, or life becomes less complicated. But reality hits hard – it's a give-and-take kind of life, where doing something for someone often comes with expectations of reciprocity. Putting your heart on your sleeve can often lead to deeper pain. Smiling or being friendly can be misinterpreted as giving hints. Some people simply don't deserve your energy, so it's better not to try. Taking time for yourself might make you feel better momentarily, but people will always talk, whether it's good or bad. Learning to be there for those who are also there for you is crucial, though it's easier said than done, especially for genuinely good-hearted individuals. Life is an everyday lesson, teaching us to cut ties when necessary. Possessing what's rightfully yours can sometimes breed resentment from those close to you. It's important to keep genuine people close. Friendships and relationships aren't solely defined by the years they've lasted. You've known each other, but by the moments you've shared. You might find your soulmate but never end up together. Growing up reveals the truth your mom used to warn you about. Having a good heart can mess with your head. Crying everyday might start feeling normal as you age. But amidst it all, remember to always be kind to yourself. It's a daily practice, so be grateful for each sunrise and the opportunity to do something meaningful.



IGNITE WORK READINESS PROGRAMME

SIGN-UPS NOW OPEN!

WHAT IS IT?

The **IGNITE Work Readiness Programme** is a 6-week programme that will help you with the skills needed to apply for a job and prepare you for having a job.

WHO CAN

PARTICIPATE?

- Unemployed young people between the ages of 18 and 25.
- Lives in Trompsburg.
- Basic understanding, reading and writing skills in English.

HOW TO APPLY?

- Visit the occupational therapist at Mamello Clinic and ask to add your name to the registration form.
- The registration forms will also be put up in various shops around town.
- Successful applicants will be invited telephonically to a screening process at Mamello Clinic.

HOW WILL IT WORK?

The occupational therapist will hold sessions every Thursday for 6 weeks in the winter months (June/July)

The time, exact date and venue will be confirmed closer to the time.

WHAT ARE THE BENEFITS?

Learn how to:

- Write a CV
- Prepare for a job interview
- Communicate effectively
- Manage your money, stress and time, etc.

And at the end of the programme, you will receive a certificate as proof of your completion of the programme.

Hurry! Spots are limited and sign-ups close end of May

TROMPSBURG BUCKET LIST

By Anay van Zyl

For a small farmers' town many people just pass while driving the N1 on the way to their next destination, Trompsburg has many hidden treasures to offer passersby. After talking to many residents of Trompsburg, we have been able to compile a Trompsburg-exclusive bucket list. We hope that through this, more people will be tempted to make a quick pitstop in Trompsburg, or that even the people of Trompsburg will be more motivated to explore their own town a bit more. So without further ado, here is a list of the six most bucket-list-worthy activities Trompsburg has to offer.

1. HIKE TO THE THREE CROSSES

A must-do on a bright sunny morning or a relaxed afternoon, is a brief hike or jog to the three crosses, situated just outside of town next to the N1. This trail is an easy route and promises a beautiful view over Trompsburg and the surrounding "Vrystaat vlaktes". The trail begins at the left side of the road that enters the town from the N1 (Look for the sign).



2. ICED COFFEE AT SNOBS COFFEE

For only R40, people can drink one of the best iced coffee milkshakes that the Free State has to offer. Made with a delicious shot of espresso, icecream and topped with whipped cream, this delight is perfect on a hot sunny day and can satisfy any sweet tooth.



3. SUNDAY BUFFET AT TROMP-OP

On most Sundays, Tromp-Op Restuarant hosts a mouth-watering lunch buffet offering a wide range of delicious Boerekos dishes, with starters, dessert and coffee and tea also included. Prices range between R100 and R200 and early bookings are essential.



4. PIZZA AT AFFIPLAAS RESTAURANT

Situated on the left as you enter Trompsburg, is a restaurant that serves some of the most delicious pizzas. With a vast variety to choose from, you are sure to find a favourite. For a fair price and a generous amount of toppings, you are sure to have a appetising meal that can last you a whole day.



5. CHIPS AT ROSEY'S LUNCH

At just R40 for a large container, the chips at Rosey's Lunch food truck are a definite must-try and always satisfy. Located close to the main road near the Trompsburg library, this food truck is managed by the incredibly friendly Mrs Rosey .



6. BRAAIVLEIS AT VLEISMARK

Every Monday, Wednesday and Friday, the main road is filled with the smell of delicious braaivleis, as someone from the Trompsburg Vleismark will stand in front of the shop and braai a wide variety of different meats, which can then be purchased straight from the braai.



ADVERTISEMENTS

SWARTLAND DRIED FRUIT



Nou beskikbaar in Trompsburg.

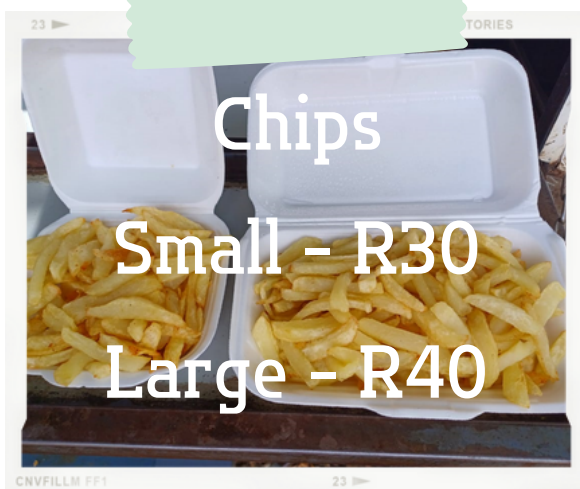
Bestel in die gemak van jou huis en dit word aan jou gelever.

Kontak die nommer vir 'n pryslys.



ROSEY'S LUNCH

**On the corner of Voortrekker street and Van Riebeeck street.
(Across from the liquor store)**





**Trompsburg
Vleismark**

**Goeie gehalte teen billike pryse
Doen ook wildsbewerking**

Voortrekker Straat 60, Trompsburg

