
TROMPSBURG'S VOICE

THE 5TH EDITION

A LETTER FROM THE EDITOR

Welcome to the latest edition of Trompsburg's Voice

As winter draws to a close, we're excited to bring you a vibrant mix of articles, introductions, tips, and updates from the past four months. Our writers have been hard at work to provide you with insights and stories from the community.

In this edition, we delve into the inspiring story of a community member, introduce you to some new faces in the community, and cover many more updates. We are thrilled to share all the happenings of the past few months.

Your feedback is invaluable to us. We encourage you to share your thoughts, suggestions, or stories (These can be send to elizmare34@gmail.com). Your input helps us shape this newsletter.

We hope you find this issue both engaging and informative.

Kind regards,
Your Editor, Lizzy



Johannes Verwey oor Stompie en sy Tjommie

By Leone, Lisa, Aneshu, Nadia, Inneke, Nina-Marie (UFS PT and OT Students)



Meneer Verwey, hoe het dit gebeur dat jou been geamputeer is?

"Dit het begin met 'n puisie op my voet. Omdat ek nie 'n drukkerige persoon is nie, het ek dit nie veel aandag gegee nie. Na 'n week het die puisie egter groter geword. Ek het na 'n dokter gegaan, wat my na Pelonomi in Bloemfontein verwys het," vertel hy. "Ek weet nie presies wat daar gebeur het nie, maar daarna het ek na Universitas Hospitaal gegaan. Die dokter het gesê daar is 'n probleem, en hy het vir my pille voorgeskryf. Ek het huis toe gegaan en was in totaal drie keer by Universitas. Elke keer het ek gevoel daar is iets fout, en uiteindelik het die dokter ontdek dat my voet nie genoeg bloed kry nie. My tone het begin swart word en die been het begin uitsteek."

Ek was nie lus om na die hospitaal te gaan nie, maar 'n goeie vriend, 'n boer hier in Trompsburg, het my oorreed. Hy het gesê ek sal sterf as ek nie die dokters toelaat om iets te doen nie. Hulle het 'n ambulans gekontak, alhoewel ek sterk daarteen gestry het. 'n Paar dae later het wurms soos druiwe-trosse aan my voet gehang."

"Ek is na Universitas geneem, maar het daar weggeloop omdat ek vyf dae daar gesit het sonder behandeling. Ek het my vrou gebel om my te kom haal. Toe ek terug in Trompsburg kom, het die ambulans my weer na Pelonomi geneem, waar hulle die amputasie gedoen het. Ek vermoed die dokter het gedink ek is mal, so ek het my skoonseun gebel om my huis toe te neem. In Trompsburg het 'n suster na my wond gekyk en dit skoongemaak. Sy het 'n infeksie opgemerk, en ek moes terug na Pelonomi gaan om die wond behoorlik te laat skoongemaak. Daarna het die suster weer na my omgesien in Trompsburg."

Hoe het die fisio in die hospital vir Meneer behandel?

"Hulle het absoluut niks in die hospital vir my beteken nie"

"Die fisio studente het eers vir my baie beteken toe ek terug in Trompsburg gekom het, by die huis."

Wat was vir Meneer die moeilikste van die hele situasie?

“Dit was vir my moeilik dat ek nie meer huislike takies kon voltooi soos wat ek voorheen kon nie. Maar die heel ergste vir my was dat ek nie meer kon visvang nie.”

“Nou sal die visse my in die water insleep.”

Dink meneer fisioterapie help vir Meneer?

“Een honderd present ja. Die fisio's het my lewe teruggebring”.

“Hulle het my gehelp om weer te kan opstaan, en om weer te kan loop”,

Watse vereistes was daar vir Meneer om n kuns been te kan kry?

“Jong, hier was baie fisio's hier by die huis, en elkeen het iets anders te se gehad. Die ergste is, ek het hulle dan nooit eers weer gesien nie. Een van die student het vir my gese dat mens 100% fiks moet wees voordat jy n kuns been kan kry, maar dit is nie waar nie.”

Het meneer enige probleme met die kunsbeen?

“Ek het geen probleme met stompie se tjommie nie.”

Wat kan meneer nou doen te danke aan die kuns been, wat meneer nie voorheen kon doen nie?

“Nee nou kan ek alles doen. Ek kan weer reg loop”

Hoe lank het meneer gewag vir die kunsbeen?

“Stompie het toegegroeï na omtrent een jaar. Hulle het die been “gecone” by die hospitaal. Dit beteken dat hulle n lap om Stompie gedraai het om hom in n ander vorm te sit. Hulle het gips op gesit, en n “cone” gemaak. Daarna het ek omtrent 8 maande gewag totdat die been gekom het.

Watse advies het meneer vir ander mense wat deur dieselfde proses gaan as wat meneer gegaan het?

“Jy moet net glo in God. Dis te danke aan te Here dat stompie nie eers pyne het nie. Jy moet net nie negatief wees nie, want ek is positief. En doen jou oefeninge wat die fisio vir jou gee.”

- **Refusal of Hospital Treatment:** "A person may refuse treatment, and such refusal may be either verbal or in writing, provided that it does not endanger the health of others. In such cases, no further treatment will be provided."
- **Complaint of Service:** "A complaint is a statement indicating that something is unsatisfactory or unacceptable."

Die verskil tussen die 2 is dat met 'n “complaint” versoek pasiënte dat die behandeling verbeter word en met “refusal” weier hulle behandeling in geheel.

A Tree is life

By Daleen Venter (Occupational therapist)

South Africa celebrates National Arbor (tree planting) week annually in the beginning of September with activities under the custodianship of the Department of Forestry, Fisheries and the Environment extending throughout September.

Arbor week and month is a time to plant trees and focus our attention to the important role trees play in our environment, health and lives.

Apart from providing shade and cooling, greenery and beautifying the environment, trees play a vital role in absorbing toxic carbon dioxides from the atmosphere and in return it provides oxygen that we breathe.

Furthermore, trees are important for increasing soil quality and water retention capacity, therefore improving groundwater. It provides food and shelter to wildlife and bear fruit for human consumption. Overall, a green environment is a healthy environment that improves our physical and mental well-being.

Trees are effectively the lungs of our world!



Trees with special significance due to their age and cultural importance are called Champion Trees, like the 800 year old Outeniqua Yellowwood in Tsitsikamma National Park.

Trompsburg is home to its own Champion Tree, the estimated 150+ year old Oak Tree in David street. According to Mr. Dries Lategan, history suggests that the tree was planted by David Tromp, founder of Trompsburg. This tree stood in the family garden across from the first family home, which is located at 31 David street today.

The majestic tree has thrived and survived some significant natural damage in the 1970's. It is currently under the custodianship of Mr. Dries and Mrs. Julie Lategan who make use of professional tree cutters from Bloemfontein to maintain and trim the tree when necessary.

At present, unfortunately, there seems to be a raging war on trees in Trompsburg. Home and business owners, as well as people from the informal settlement, are indiscriminately damaging and cutting down trees in town and the surrounding area, with little regard for the harm done. A tree takes a lifetime to grow and can not be replaced overnight.

According to Mr Tshepo Moselesele from the Department of Forestry, Fisheries, and Environment in Xhariep, any tree in a public space belongs to and is the responsibility of the municipality, however, due to current constraints in the delivery of municipal services, this responsibility is not being prioritised at the moment.

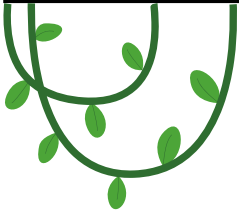
In Trompsburg, to raise awareness about the importance of trees, the Department of Forestry is planning to plant 8 fruit trees at Trompsburg Secondary School, 10 at PT Sanders Combined School and another 20 indigenous trees at the Xhariep Municipality District office during the course of September 2024.

Join this effort by planting a tree!

Mr. Dries Lategan offered the following tree planting tips.

1. Always plant a tree in a square hole of sufficient size as it promotes good root distribution (rather to big than too small)
2. Prep your soil with bone meal and some E 2;3;2 fertiliser
3. Regular watering, especially during the first year after planting, is important





Gardening in the Free State: A Guide to Growing in Every Season

By Anay van Zyl (Community
Service Occupational Therapist)

As a province known for its freezing, dry winters and sweltering summers, it comes as no surprise that people from the Free State, especially newcomers, are often left feeling discouraged when having to care for their gardens.

Most of the Free State's annual rainfall occurs in the summer, which often leads to dry winters and summer temperatures easily exceed 35 degrees, while in the winter it can go as low as -10. In an attempt to help those currently struggling with their gardens, or those who are still unsure of how to even start a garden, I conducted an interview with one of the best gardeners that Trompsburg and its surrounding areas have to offer, Mrs Juliet Lategan. Mrs Lategan started working as a nurse, but eventually left this job to pursue gardening fully. She has been in the gardening industry for many years and has gained considerable knowledge in this field through various courses, work experience as well as observing the gardening practices in England. She has always had a passion for nature and finds the most joy in seeing how everything she plants can grow and bloom. She feels that the best way to make an area more beautiful is to simply add more plants to it and finds great satisfaction in helping others to achieve this. All the photos that have been added, were recently taken in her garden in town.

1. Navigating water shortages:

One of her tips to achieve this in an area with water shortages such as Trompsburg, is to plant succulents, which do not require as much water. She also advises that people can collect their bath or shower water and then use this in their gardens, but to also be aware of how strong the types of chemicals can be in the water. She advises the same for using the water from your washing or washing machine. She has found that liquid laundry detergents, such as OMO, are less harsh than other forms of laundry detergent. It is then important not to pour water on the plant above the ground, but to rather let the water drain through to the roots. It is also important to use this kind of water on plants that are already well-established, rather than new plants, and to then monitor the plants closely to observe their reaction to the water. Watch out for signs of distress such as wilting or yellowing of the leaves and then stop giving this water immediately.

Another tip is to have set times that you water your garden, with the best times being at night or early in the morning when the sun does not cause the water to evaporate. She also advises against watering on windy days, as the water often gets blown away.



2. Navigating the hot summers:

She feels that the extremely high temperatures and droughts in the Free State are the most challenging to navigate when gardening. She has found that it is best to garden in clay, which is a soil type that can be found in some places in the Free State. It might be helpful to invest in buying some clay soil before starting your garden if you have found that the soil around your house is more the sandy type. She has also advised to grow indigenous plants, as these have adapted well to the climate of the Free State. Trees such as the wild olive tree (otherwise known as the olienhoutboom) or the white stinkwood tree (also known as the witstinkhoutboom) are great trees to plant as they are drought resistant, frost hardy and can grow fast to provide shade to people, plants, and animals.

Another tip is to create a layer of mulch for your plants. This consists of organic matter such as leaves, pieces of wood, and household scraps (excluding cooked food) which is then mixed and added on top of the soil around the plant. This helps to keep the soil cool and to help keep the moisture in the soil for longer, thus protecting it from the sun.

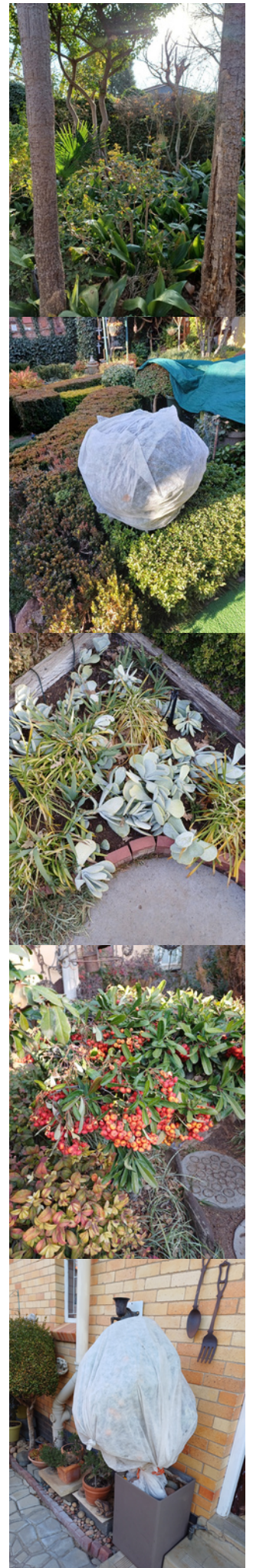
She also advises that when you water your garden at set times, you should water your garden properly with enough water, rather than trying to use less, as this prevents the soil from drying out too quickly during the day.

3. Preventing frost from damaging your plants:

Mrs Lategan has lived in Gauteng for a long time and was quite shocked at the drastic climate change when she moved to Trompsburg. After losing many of her plants, she quickly realised that she had to quickly adapt to the dry and cold climate of the Free State. The biggest danger to plants is the frequent night frost that occurs in the winter seasons, which can cause irreparable damage to your plants. She recommends bringing any potted plants into your house, if possible, either at the end of the day or permanently for the winter season. For plants that have been planted outside, it might be helpful to cover these plants with fleece or other kinds of frost cover. These can often be bought at hardware stores such as Builders. Blankets or bubble wrap can also work and these protections should be added and kept on for the whole of the winter. She recommends using wires or wooden stakes to create a tent-like structure for the plant and to cover the plant in a way that the covering does not lay directly on the plant but rather forms a kind of dome around the plant.

4. Improving the quality of your soil

As mentioned before, the best type of soil for your plants is clay soil, which can be bought if your garden lacks this kind of soil. She also advises that in today's times, you can buy various kinds of products from nurseries or hardware stores that help to improve the quality of the soil, keep away pests and add nutrients that are vital for plant growth; however, she also warns against overdoing this, as this can damage your plants. She also advises that adding organic organisms, such as earthworms, can drastically improve the quality of your soil.



5. Types of plants that work best for this climate:

Her main point is that any plant can survive in this climate, as long as you take the necessary steps to protect them, such as mentioned in the previous paragraphs. The only exception is Fynbos, as these plants have very specific climate needs. Plants that have softer leaves are at a higher risk of being damaged by frost, therefore they need to be fully protected, either by bringing them into the house or covering them outside. She says that we need to move away from thinking that only succulents can survive here and her garden is the perfect example of this.

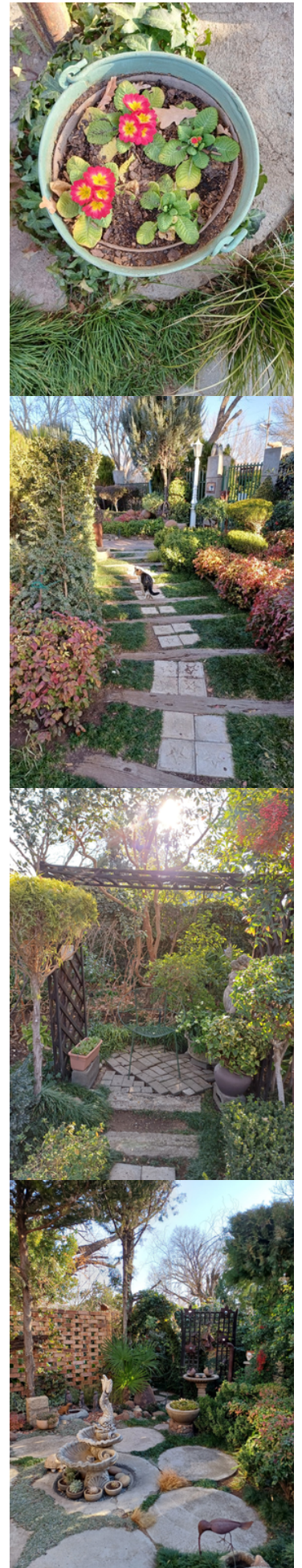
6. Tips for new gardeners:

Her greatest advice for new gardeners looking to start their garden at home, except for the tips given above, is to start a garden at the entrance to your house, as this makes for a great first impression and makes your house more inviting to people. She also added that you must try to make your garden intriguing to guests, such as planting interesting plants near the windows of the living room for example or adding various features in your garden, such as benches, footpaths, and ornaments.

After walking through Mrs Lategan's garden, I was left feeling in complete awe of the kinds of natural beauty that can be grown in a town such as Trompsburg. Her passion for nature and gardening is very inspirational and really gives hope that with enough effort and consistency, you can create a wonderful garden. Except for being able to improve the beauty of any area, research has shown that gardening or even just being exposed to plants and green spaces can have many benefits for your mental and physical health, and can also reduce the load added to the healthcare system. The benefits of gardening include being able to reduce blood pressure, pulse rate, muscle tension, stress, anxiety, and depression and have been found to improve mood, longevity, and self-esteem. Gardening or simply just walking through a garden can be classified as a moderate-intensity physical activity, which in turn aids in reducing the risk of dementia, cancer, cardiovascular diseases, and mental health problems.

Therefore gardening can also reduce the load on the health care systems by reducing the risk of various health issues. Research has also found that adding gardens and greenery to medical facilities can also improve the quality of life for patients having to stay in hospitals, and improve the surroundings for the patients, staff, and visitors. Furthermore, these gardens can also aid in providing therapy for patients and can be used to teach them gardening skills. These gardens can also be adapted to enable wheelchair users or bed-confined patients such as those with spinal injuries, to be in the garden or to be able to garden themselves.

With so many benefits, you can only imagine the impact it would have on the community of Trompsburg if more people were open to practising this hobby, even if it is starting with something as small as gifting someone a potted succulent or planting a tree in the neighbourhood.



I DON'T KNOW

By L.G. Makhetha (Community health worker)

I don't know about tomorrow

I don't know about today

If there's pain

If there's sorrow

I know that you find a way

I don't know the future

I can't predict outcomes

But I can look into the past

One thing that I know is for sure

This thing you're going through won't
last

I don't know what you've been going
through

But I can surely feel your pain

I want to tell you

That I love you

And you will surely live again



NG Kerk Trompsburg Makietie

By Mattheus Vorster (NG Kerk Dominee)

Hulle sê een van die hoekstene van die kerk is die gemeenskap in Christus. Met dit kan ons altyd seker wees dat in elke gemeenskaplike ontmoeting van die kerk, 'n basaar een van die groot fokusse van die gemeente se samekomste is. Dit was waarlik 'n samekoms uit die boeke. Ek praat uit eie ondervinding en het gesien hoe kan 'n gemeenskap saam die kerk ondersteun met lekker kos, geselligheid, bederf koekies en soveel meer. As nuwe predikant op die dorp verwag 'n mens nie altyd dat jy in jou eerste maand onmiddellik moet begin werk en inval by die basaar nie. Dit was definitief 'n wonderlike ervaring gewees as ek vanuit my eie perspektief kan praat. Die samekoms by die skool het dit lekker gemaak, omdat jy kon hoor hoe die ouers die stalletjies geniet het en vir hulle kinders sê dit is hoe ons baaar gehou het in die ou dae. Om deur te stap en te sien hoe ons as gemeenskap met mekaar gesels, stories vertel, lekker saam lag en kuier het my hart opgewonde laat klop oor hoe ons in die jare wat voorlê saam gaan kan werk en groei as gemeente van Christus. Ek moes 'n bietjie inspring en uithelp om van die gaar vleis te verkoop. Later die dag het ons as gemeente afgesluit en heerlik saam potjiekos geëet. Die dag het op 'n goeie noot geeindig.

Die inkomste van die makietie het ons weereens net laat besef dat die Here ons ryklik geseën het vanjaar met goeie opbrengste. Ons sien met opgewondenheid uit na volgende jaar en wat dit vir ons as gemeente van Trompsburg sal inhou.



FARR Trompsburg - An NGO that is truly for the community

By Petro Kleingeld, Project Coordinator, FARR Trompsburg

During the first 6 months of this year, the FARR-Trompsburg team has been busy raising awareness of FASD and providing support throughout the Trompsburg area.

The annual Alcohol Harm Reduction Seminar was well attended by professionals working in and around Trompsburg. The interview with foster mother, Kotie Taljaard, touched the hearts and minds of those present. The impact FASD has on a child's life and the family, was highlighted and the emotional recollections of numerous hospital visits, made attendees aware of the importance of raising awareness regarding the dangers of prenatal alcohol use.

For the FARR-team, it is however the ongoing support and awareness programmes that are a highlight throughout the year. In the Healthy Mother Healthy Baby® Programme, the Community Workers, Shanice van Wyk and Isabel Motshabi, provide support to pregnant women to have healthier pregnancies and healthier babies. Issues such as alcohol and other substance use, optimal nutrition, domestic violence, bonding, stimulation and childcare are also discussed.

In the Senior Citizen Support Programme, the team encourages the senior citizens of Trompsburg to continue to play an active role in the community, by supporting one another and sharing their wisdom with the younger generation. They also get the opportunity to do arts and crafts, such as decorating their own pillowcases, making mosaics and changing an empty toilet paper roll into a flower.



Because there isn't much to do for the youth during the holidays, the FARR-team presented a holiday programme in the Youth Support Programme. The teens enjoyed playing games and doing crafts, all while learning important life lessons.

Involving the students from the University of the Free State in spreading the FASD-prevention message, not only helps to raise awareness, but also encourages community members to be more supportive of pregnant women and to protect them from using alcohol.



FARR recently established an Arts and Crafts room where community members can practice a variety of crafts under the guidance of the Project Coordinator, Ms Petro Kleingeld. Pre-loved clothes and household items, such as curtains, ornaments, linen and kitchen equipment are sold at very reasonable prices. The funds generated from these endeavours, will be utilised to provide even better support.

Thanks to our funder, Aware.org, FARR manages to increase knowledge about the harmful effects of alcohol abuse and empowers community members to make better decisions.



Arts and Crafts



FARR-Craft Room

To support the community of Trompsburg, the FARR-Craft Room provides a peaceful space where clients can relax in a stress-free environment, while doing arts and crafts.

Current projects on offer:

1. Mosaic an empty bottle
2. Make a bracelet
3. Knit baby booties
4. Knit a beanie
5. Sew a sensory blanket for your baby
6. Colour and laminate a bookmark
7. Make greeting cards
8. Make a baby nest

NB: All material will be provided.

WHERE: FARR-office, corner of Reitz and Solm Streets

- Clients will be accommodated on a first-come, first-served basis.
- If there is a program running at the office, the craft room will be unavailable.

(For more information, contact Petro Kleingeld at 0605286725.)



Ontmoet die Dominee agter die toga en kleurvolle stola

deur Runé du Plessis - Gemeenskapsjaar Fisioterapeut

Soos wat die jaar van 2024 met 'n sterk pas tot 'n einde draf, begin daar nagedink word oor die afgelope paar maande se seëninge, uitdagings, oorwingsings, asook nuwighede. Een so 'n geleentheid was die aankoms van die nuwe dominee op die dorp, Ds. Mattheus Vorster (27).

Op 17 Maart het Dominee Mattheus vir die NG kerk gemeente van Trompsburg sy proefpreek afgelê. Die matrikulant van Hoërskool Piketberg, en gegradueerde vanaf Stellenbosch Universiteit Teologie Fakulteit, het erken dat hy nie geweet het waar Trompsburg oorspronklik was nie. Die aankoms in die dorpie het hom wel verbaas, "Die gasvryheid van die mense van die gemeente en die vriendelikheid wat ek ervaar het, was iets uit die boonste rakke." Twee dae later was hy amptelik in kennis gestel dat hy die een is wat beroep is. Dominee is op 3 Mei bevestig en ontvang as die nuwe NG kerk dominee, en sy intreepreek het op Sondag 5 Mei gevolg. In Dominee se eie woorde: "Ek het geweet hier begin my eerste tree, in my eerste gemeente, op 'n dorp wat waarlik Christelike waardes uitleef."

Sy groot word jare definieer hy as nomadies. Hy is gebore in Newcastle, Kwazulu-Natal en is die oudste van twee kinders. In 2009 het sy gesin hulself in die Weskus dorpie, Langebaan, bevind, 'n dorpie waar hy op 14-jarige ouderdom sy roeping ontvang het van die Here om as predikant eendag op te tree.

Dis alreeds 5 maande van Ds. Mattheus leer ken en sy leiding in die kerk volg. Ds. Mattheus noem dat die omgee, ondersteuningstelsel en die manier hoe die gemeenskap mekaar in moeilike tye bystaan, hom die meeste van Trompsburg verbaas het. Dit is iets wat menige nuwelinge in die gemeenskap sal beaam. Dis nie net die nuwe dorp nie, maar ook 'n nuwe provinsie om te beleef. "Ek is 'n groot natuurliefhebber en as ek so ry en die vlaktes om my sien, die beeste en skape en soms wilds bokke, raak my hart sommer rustig en kalm." vertel Ds. Vorster as sy hoogtepunt van die sentrale provinsie, Vrystaat.

In hierdie eerste paar maande was daar 'n nuwe onderwerp op almal se lippe; Ds. Mattheus se kleurvolle "serp". Daar was vele navraag van die gemeenskap omtrent die helder attraksie en die simboliek daaragter.



Ds. Mattheus vertel: "Dit is eintlik baie interessant. So, eerstens my reënboog serp wat ek aangehad het tydens die nagmaal staan eintlik bekend as 'n "Stole", in Afrikaans 'n stola. So wat is 'n stola? 'n Stola is basies 'n stuk liturgiese kleredrag wat deur predikante gedra word. Die hoofdoel is om te simboliseer dat die draer van die stola priesterlike outoriteit het, of anders gestel dominees wat geordineer is in die kerk. Die woord stola is afkomstig van die Latynse stola, van die Griekse στολή (stolē), "kleed", oorspronklik "skikking" of "toerusting". "

"As ons kyk na ander denominasies soos Katoliek, Ortodoks, Metodis, Anglikaans ens., dra almal ook stolas om te wys die outoriteit of ordinerings wat hulle deur die kerk gegee is. In Protestantse kerke word die stola meestal gesien as die simbool van ordening en die amp van die bediening van Woord en Sakrament. Stola word dikwels deur die gemeente aan die dominee gegee (soms met die hand gemaak en versier) as 'n liefdesgeskenk by 'n dominee se legitimasie of bevestiging. Oor die algemeen dra Protestantse dominees die stola op dieselfde manier as Katolieke priesters; om die agterkant van die nek met die punte wat na voor hang. My stola was aan my gegee as 'n geskenk en herinnering van my legitimasie wat plaasgevind het op 30 November 2023 in die NGK Stellenbosch, Moedergemeente."



Ds. vertel verder: "Ek kan verstaan dat die kleure van die stola mense aan die praat gehad het met sy kleurvolle reënboog kleure, maar dit is niks polities, of probeer geen stelling maak nie. Die kleure is waarlik net die kleure wat ons kan vereenselwig met die kleure van ons wêreld en die konneksie wat dit het met Christelike simboliek. Ons eie kerk gebruik ook kleur as 'n vorm van simboliek om te verwys na die verskillende tye van die kerkjaar. Byvoorbeeld pers is 'n teken van Lydenstyd, groen as koningkryktyd, Pinkster is rooi, Kersfees is wit en goud. Dan weet ons alle kleure het konneksie met bybelse simboliek soos die bloed van Jesus wat rooi is en redding beteken, wit as suiwerheid en skoon, blou as vrede, groen as die skepping. Dan ook op my stola sal 'n mens sekere simbole sien. As jy mooi kyk is dit alles simbole van Bybelse verhale, simbole van die kerk asook simbole van die Christelike geloof. Ek hoop om nog een vir my te kry wat spesifiek gebonde is aan Trompsburg, wat ek kan dra. Die stola dra ek net by sekere geleenthede, soos nagmaal, 'n doop, met ander woorde spesiale geleenthede. Dit is nie 'n elke Sondag se kleredrag nie, net per geleentheid."

Hier volg 'n paar vrae en Dominee se antwoorde. Daarna volg 'n klein spoedronde, om die nuwe gemeenskapslid beter te leer ken.

Was Dominee al buite die grense van SA, en indien wel, waar?

"Ja ek was al buite die grense van SA. Ek was betrokke by Christelike uitreike na Lesotho en Zambië. Saam met my familie was ek al in Dubai, Italië, Frankryk, Spanje en Turkye. Ek sal graag nog meer lande wil gaan besoek indien moontlik."

Wat is Dominee se wildste droom?

“Daar is ‘n paar drome wat ek graag sal wil verwesenlik. Eerstens het ek het ‘n groot liefde vir argeologie en wil graag eendag my graad kry in Bybelse Argeologie. As ‘n bonus sal ek ook opgrawings wil doen in Israel en Turkye. Die moontlikheid om dalk as ‘n dosent by ‘n Teologiese Fakulteit onderrig te gee vir die volgende generasie Dominees, om Teoloë op te lei in Ou Testament, Spiritualiteit of Bybelse Argeologie.”

As Dominee aan een Olimpiese item kon deelneem, wat sou dit wees?

“Op Hoërskool het ek baie goed gedoen in gewigstoot. So, as ek kon sou ek seker aan gewigstoot deelgeneem het.”

As Dominee jouself met ‘n vrug moes vergelyk, watse vrug sou jy wees en hoekom?

“Ek dink ‘n mango. Die rede hiervoor is dat ek, as gevolg van my ervarings tydens my grootword jare, ‘n skil vir beskerming ontwikkel het, maar tog sag en soet is daaronder. Dit maak van my iemand wat sensitief en vriendelik is met ‘n groot pit, my hart, wat vol liefde en omgee is.”

Interessante feit oor Dominee?

“Ek het ‘n breë algemene kennis en versamel ou munte asook ou Bybels.”



Met die vooruitsigte van ‘n pad wat saam met die gemeenskap gestap gaan word, noem Ds. Vorster dat hy glo en vertou die Here ‘n plan het vir Trompsburg, as ‘n baken van hoop vir gemeenskappe en klein dorpie van die platteland. “Al verstedelik ons land al hoe meer, sien ek dat daar weer ‘n terugkeer platteland toe sal wees. Ek vertrou ook dat die Here Trompsburg se mense sal laat aanhou hul goeie, Christelike waardes en gawes ten volle laat uitleef, soos wat ek dit beleef het met my eerste besoek toe ek in die dorp gearriveer het. Deur my betrokkenheid in die gemeenskap en omliggende dorpie se gemeentes, glo ek dat ek die Here se werk kan uitbrei sodat almal sy liefde en omgee kan ervaar. Ek wil so ver moontlik Sy werk doen en vertrou dat Hy my gaan bevoeg maak en gebruik sodat ek dit sal kan doen,” verklaar Dominee.

Ons is opgewonde om te sien hoe die gemeenskap van Trompsburg saam groei, en in die wil van die Here stap. Miga 6:8 is ‘n bybelvers waarna Dominee baie terug verwys: “Mens die Here het jou bekend gemaak wat goed is: Hy vra van jou dat jy reg sal laat geskied, dat jy liefde en trou sal bewys, dat jy bedagsaam sal lewe voor jou God.”

Mag dit aanhou om waarheid in ons lewens te wees.

Do you have 3 minutes?

By Petro Kleingeld, Project Coordinator, FARR Trompsburg

Have you seen the FARR Community Workers in town, having a chat with people and asking for their signatures? Fortunately, it is not a marketing exercise or scam to obtain personal data. The FARR Community Workers are hard at work, raising awareness about the dangers and consequences of alcohol use during pregnancy.



They are simply asking for 3 minutes of your time, and your commitment to share information with pregnant women in your family or circle of friends.

Do you know that the global Fetal Alcohol Spectrum Disorder (FASD) rate is less than 1%. The highest rate in South Africa is more than 30 times higher. In South Africa there are communities with rates as high as 20 – 31%.

More facts about FASD:

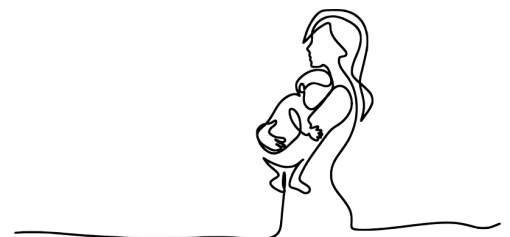
1. FASD is the umbrella term used for a range of conditions caused by exposure to alcohol while in the womb.
2. Alcohol can cause permanent irreversible brain damage, leading to learning and behaviour problems. Any other organ, such as the eyes, heart, kidneys, etc. can also be damaged.
3. Children with FASD tend to struggle at school, find it difficult to follow instructions or obey rules, and is often seen as naughty when they are simply struggling to keep up with their peers. This often leads to early dropout from school, with all the resulting consequences.

Adults living with FASD struggle to follow rules and find it difficult to follow instructions. This can have a huge impact on the family and community. FASD is therefore not someone else's problem, but it is OUR problem.

How can you help?

1. Discuss the dangers of alcohol use during pregnancy with pregnant women and their partners in your family or amongst your friends.
2. Support a pregnant friend or family member, by joining her in not using alcohol during a social gathering or celebration.
3. Be more tolerant towards people who have been diagnosed with FASD.
4. Support FARR by visiting our office, follow us on social media, or by donating towards our projects.
5. Visit our website farrsa.org.za for more information.

The Trompsburg Project is proudly sponsored by Aware.org.





FARR Share Shop

Come and scratch around for a bargain!

Every weekday from 8:00-10:00 and 14:00-15:30, previously loved clothing, stationery and household items can be purchased at very reasonable prices.

WHERE: FARR-office, corner of Reitz and Solm Streets

1. Come and see what we have on offer.

OR

2. Donate any useable items to be sold.

Funds generated will be used to provide even better support to the community of Trompsburg.

(For more information, contact Petro Kleingeld at 0605286725.)

Get to know Trompsburg's business owners/managers

By Elizmare Victor (Commserve Physiotherapist)

Meet the manager of Usave - Mr. Godfrey Makatsa



Mr. Godfrey, the 35 year old from Botshabelo, has been a part of the Checkers group since 2017. When he was asked why he decided to be a manager, he mentioned that he studied management and that it was the next step to get a job. He enjoys the fast-paced work that comes with managing Usave.

Something interesting about Mr. Godfrey:
He is a qualified chef who worked at a hotel, but now only uses that skill as a hobby.

Advice that he would give someone that wants to start a business, is to "have empathy and sympathy, but to not be too lenient.

Meet the manager of Foodzone - Mr. Melaku Bekele

Mr. Melaku is 23 years old. He is the manager of Foodzone and his older brother is the owner. They moved from Ethiopia to South Africa +- 4 years ago. When he was asked why they moved to South Africa he mentioned that it was for business and that the politics and war in Ethiopia became too much.



Having the business and being the manager allows him and his brother to support their families financially. They have been in the business for the past 4 years. An interesting fact about Mr Melaku is that he is an excellent soccer player.

Meet the owner of Clifford Opoku Hair Salon



Mr. Clifford Opoku is just 24 years old and he started his business only 1 month ago. He is originally from Ghana and after visiting his sister in Trompsburg, he decided to move to South Africa. He said that the move was not just for family but also for business.

He started to teach himself how to cut hair with a blade but is now using clippers as well. He started the salon because of the love he has for doing the job and it is something that he enjoys to do. He also enjoys playing football when he is not working.

The advice he has for others that wants to start a business:

- To keep their eye on the business
- To put in a lot of work
- To stay focused

Because it is not easy.



Meet the owner of Itireleng Carwash - Lefu Thutlo



Mr. Lefu is 36 years old. He was born in Springfontein, but moved to Trompsburg when he was in grade 7. He decided to start his car washing business +-7 years ago to get out of all the drugs that was going around. He wanted to make money doing something he enjoys. He enjoys helping the schools and community with sports

His advice for starting a business:

- You should make a business plan
- Be a hard worker

When I Die

An obituary poem for the late Mr. Masiza

by L.G. Makhetha (Community health worker)

When I'm finally laid to rest
Please! don't put me in a wooden casket
Or leave flowers at my grave,
In a pretty basket

Don't pump me full of chemicals
And put me on display
Just bury me beneath the earth
And plant a seed upon my grave

As my body rots below
My atoms, re-assimilated
In my place a tree will grow
From the place that I originated

Precious minerals returned to earth
Little molecules of me
The fuel for yet another life
As I become the tree

I dedicated to
Late Mr. Z.N. Masiza



Oral health month

By Neline van der Merwe (Commserve Dentist)

As we celebrate Oral Health Month in September, it's the perfect time to focus on the foundation of a bright, healthy smile. Good oral hygiene not only boosts confidence but also plays a crucial role in overall health. Here are some essential tips to help you maintain optimal oral health, from daily brushing techniques to the importance of regular dental check-ups.



Time to clean teeth

1. **Brushing:** Brush your teeth twice a day especially before bed using fluoride toothpaste. Don't forget your tongue.
2. **Flossing:** Clean between your teeth daily with dental floss to remove plaque.
3. **Healthy Diet:** Reduce sugary and acidic foods and drinks which can contribute to tooth decay.
4. **Regular Dental Check-ups:** Visit your dentist regularly for check-ups (every 6 months)
5. **Avoid Tobacco:** Avoid smoking and chewing tobacco, as they can contribute to gum disease and oral cancer.
6. **Replace Your Toothbrush:** Replace your toothbrush every 3 to 4 months, or sooner if the bristles are frayed.

Volunteering Opportunity

We need your help to build our brand-new playpark



Where: Mamello Clinic

When: 3,4 and 5 October



Why: We are building the playpark to keep our community's children happy and safe while they wait for their clinic appointments. This will keep them out of the parking area and away from the cars.

Please fill in the sign-up sheet at Usave or at the clinic at the Physiotherapy and OT room.

Please contact: 073 477 3385 or 0722654919 if you have any questions

