



# RADIUS

Issue 3.0 // 008

Sep // Oct // Nov '20

FREE

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SOUTH

PULP PAPER AND WOODCHIP

NEW HOLLAND AGRICULTURE  
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*Market Update*

DIE VOORTREKKER MONUMENT  
Trekroetes en Tuine

BASJAN SE BOOMHUIS

Die Skrikkermans

BE CAREFUL OF THINGS

That Buzz

PREPARE FOR RETURNING  
DRIVERS

TWK TRADE

*Pietermaritzburg  
Depot*

CELEBRATING 80 YEARS OF SUSTAINABLE GROWTH, TOGETHER.

# NUTRI FEEDS SPRING PROMO

1 OCT – 30 NOV 2020

## NUTRI FEEDS' FLEXIBILITY TUBS OR CONVENTIONAL MEAL TYPE SUPPLEMENTS

### Late Winter/Spring

6641 Nutri Tub Energy (V17503) 40kg

Conventional Lick/  
Supplement Alternative

6415 Nutri Lick Energy 18 (V17402) 40kg

### Game

6636 Nutri Tub Game (V19694) 40kg

Conventional Lick/  
Supplement Alternative

6503 Nutri Game Production (V28071) 50kg

### Spring/Early Summer

6601 Nutri Tub Phosphate (V14996) 40kg

Conventional Lick/  
Supplement Alternative

6451 Nutri Lick Phosphate 6 (V8874) 50kg



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# THANK YOU



It's been five months since we received the unsettling news that filled our future with uncertainty and fear. We had no idea how our country's lockdown would turn out or what the impact would be on our daily lives.

The past year has posed countless challenges for many of us – some of a greater intensity than others – but we have prevailed. We have learned more about our own abilities in the past year: what we are capable of, what it takes to accomplish new tasks, how to generate success and pursue it. But it all means nothing without the people around us.

Despite everything that has taken place, the hard work, the grind, the hard-gained successes, the losses and the downfalls, nothing beats coming home and just appreciating the people closest to you. The little arms wrapping around your legs, the excited barks that come running around the corner of your home, the familiar faces, always smiling and encouraging you to face the challenges of each day.

A new season is upon us and we cannot wait to welcome the first day of spring. A new beginning, a fresh start, with a new perspective on the future. Let's celebrate this next year with gratitude. Let's be grateful for the lessons learned, the hardships endured, and the faith that has allowed us to remain steady. For when we are weak, we are at our strongest. Let's be thankful for our families, our friends, our colleagues and acquaintances. You'll find your days are more positive when they are lived in gratitude.

*Louise*

**Louise Johnson // Editor: Radius**



TWK Agri (Pty) Ltd.  
PO Box 128, Piet Retief 2380  
Tel: 017 824 1000  
Email: [twk@twkagri.com](mailto:twk@twkagri.com)  
[www.twkagri.com](http://www.twkagri.com)

**RADIUS**  
Editor in Chief: Dupie van Rensburg  
Editor: Louise Johnson  
Graphic design: Louise Johnson  
Editorial Assistant: Wilna Liebenberg  
Accounts: Annamarie Roodt

Invest in TWK  
[www.twkagri.com/invest](http://www.twkagri.com/invest)  
[invest@twkagri.com](mailto:invest@twkagri.com)  
Facebook: @TWKAgri // Instagram: twkagri  
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Advertising: Ruth Shultz, (Schmiltz Marketing)  
081 480 6413 | 083 583 5243  
[ruth@schmiltz.co.za](mailto:ruth@schmiltz.co.za)

Contributors:  
Sagrys Klopper, Johan van den Berg, Cornelia Vermaak, Deon Brits, New Holland Agriculture, John Swaine, ARC-Agricultural Engineering, Roger Poole, Louise Snyman, Chantell Gericke, Annica Venter, Estelle Pretorius, Eugene Joubert, Johann Roodt, Jaco Jacobs, Johann Strauss, Hester Heese, Lelitia Coetzer, Dirk Conradie, The Gardener, Riaan Snyder, Amanda du Toit, Chantell Grobler, Angus Buchan.

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Editorial Enquiries: Tel: 082 322 1844  
Email: [radius@twkagri.com](mailto:radius@twkagri.com)

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# C O N T E N T



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**N**estled in the sugar cane fields of the area surrounding Pietermaritzburg is the brand-new Pietermaritzburg Depot. This newly refurbished depot is the start of a great new outlet, making products easily available to the farmers in the surrounding area.

Although the depot is small, it packs a big punch with a wide variety of products, and if you are not able to find the products you are looking for there, they can easily be acquired from the Pietermaritzburg Trade Branch in Winston Road.

The Pietermaritzburg Depot shares its premises with Constantia Fertiliser and Gromor. These premises can be found on the R623 Umlaas route towards Durban, and is located between

supporting upcoming farmers who are showing great interest in growing produce and expanding their businesses.

As a value-added service, the depot delivers large quantities of products directly to their customers, making it more accessible for the surrounding farmers. However, deliveries have gone as far as Hillcrest and all the way to Umhlanga.

With Gromor and Constantia Fertiliser on the same premises, customers can rest assured that their stock is always on hand. This shortens delivery lead times and maximises customers' production.

Other businesses close to the depot are JoJo Tanks, De Heus Feeds and National Chicks.

# TWK Pietermaritzburg Depot

Camperdown and Richmond. The surrounding area is mostly made up of sugar cane fields, but some very impressive vegetable farmers and cattle farmers can also be found in this area.

The depot is run by depot manager Madelein Kotze, assisted by Monica, Philip and Justice. This team is small and dynamic. They are very friendly and knowledgeable about their products, their application, and where to source them at the most affordable prices.

Because of the differences in bag sizes, this depot's focus is more on a niche market and on providing top-quality products to nurseries and vegetable farmers. Animal feeds are also supplied,

*By Louise Johnson*

JoJo Tanks is dedicated to the protection of water resources, water security and bettering the quality of life of South Africans. They produce quality water solutions, whereas De Heus Feeds focuses on the production and marketing of animal nutrition. National Chicks is the largest integrated supplier of day-old chicks to the independent market of broiler growers. Other places in the area to





visit are the African Bird of Prey Sanctuary, the Cycad Centre, the Natal Zoological Gardens and the Natal Lion Park.

The African Bird of Prey Sanctuary is a working facility dedicated to the conservation of indigenous raptors and is involved in ongoing research, breeding and rehabilitation projects for birds of prey. The majority of these projects run behind the scenes to ensure that



TWK Pietermaritzburg Depot

the integrity of the wild birds is not compromised and that a high release success rate is achieved. The sanctuary is also home to a wide selection of captive-bred or non-releasable rehabilitation birds of prey. These raptors can be viewed in their micro-environment enclosures by anyone who wishes to visit and learn about South Africa's magnificent aerial predators.



TWK Pietermaritzburg Depot



TWK Pietermaritzburg Depot

Education about birds of prey and the threats that they face is an important part of raptor conservation. No research can be effective unless the results of the projects are shared with the greater public. Conservation methods also cannot be successfully implemented unless people know and understand what the raptor and related conservation projects are all about. If you appreciate fauna and flora or simply love cycads then get down to the Umlaas Cycad Centre in KwaZulu-Natal. Here you can find a vast variety of cycads (roughly 800 varieties) that are grown at the centre and are available to purchase.

Take a guided stroll through the grounds and learn more about the plants on display. Amazingly, the *Encephalartos woodii*, which is apparently extinct in nature, can be found at this exquisite centre.



TWK Pietermaritzburg Depot



From left to right: Monica Maharaj, Madelein Kotze, Justice Mkhize and Phillip Kwela



Keep your eyes peeled for the Laevolius, Inopinus, Middelburgensis and the Eugenemaraisii too. If you are keen on gardening you will be fascinated with the propagation system used to grow the cycads from seed to beautifully mature plants. Many other stunning plants are also on sale here.

The Natal Zoological Gardens are a collection of both local and unusual animals – 44 different animal species to be precise. Aside from the fossas, there are leopards, various primates, a range of birds that include the black swan, crowned crane, peacock and blue crane, parrots and kookaburras, lemurs, Bengal tigers, white tigers, tapirs (South American herbivores that look a little like wild pigs with rather long snouts), emus, llamas and more.

The highlights of the zoo include the Bengal tigers, some of the world's largest predators, the white tigers, also from Bengal but with a slight discolouration, and the tapir from Brazil. This herbivore is wonderful to look at and tame enough to hand feed.

While not everyone enjoys seeing animals in enclosures, zoos do serve an important role in conservation, particularly as so many of the animals they house are endangered – they preserve and protect wildlife, even if the manner is questioned.

The Zoological Gardens also serve as Natal's Lion Park, even though the lion enclosure is rather small and the lions are said to

have a 'thing' for car tyres. Let this not deter you, however, as it is worthwhile meeting a fossa – a group of fossas, actually – face-to-face upon entrance to the zoo.

This rather odd animal is found only in Madagascar, and is a furry little carnivore that lives mainly in the rainforests and wooded savannas of this island just off the coast of Africa. They are fierce little hunters on the verge of extinction. If you are ever in the area, make sure to stop in at the Pietermaritzburg Depot – the service is excellent and the staff are very helpful.

Contact:

Madelein Kotze

Gromor Business Park, Umlaas Road, R623 (P338, Hopewell)

T: +27 (0)67 952 3329

E: pmbdepot@twkagri.com ■



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# Constantia Fertiliser *South*

Umlaas and Wellington

By Louise Johnson

**Constantia Fertiliser’s goal is to add value to the TWK group by mixing quality fertiliser products and distributing these products to the agricultural sector through their network of branches and directly to farmers. Constantia Fertiliser is supported by a dedicated marketing team throughout South Africa.**

**C**onstantia Fertiliser Umlaas is located on Umlaas Road, Camperdown. This busy fertiliser plant strives to achieve greater heights every year. The facility boasts a mammoth size of 5 000 m<sup>2</sup>, with a bulk

the highest nitrogen content (about 46%). It is a white, crystalline organic chemical compound. Urea is neutral in pH and can adapt to almost all kinds of soils. It is a waste product formed naturally by the metabolism of protein in humans and other mammals,

amphibians and some fish. Urea is widely used in the agricultural sector both as a fertiliser and as an animal feed additive. The primary function of urea fertiliser is to provide the plants with nitrogen to promote green leafy growth and make the plants look lush. Urea also aids the photosynthesis process of plants. Since urea fertiliser can provide only nitrogen and not phosphorus or potassium, it is primarily used for bloom growth.

The LAN plant produces 15 t per hour. In regular practice the basal nitrogen dressing at planting is often supplied with all the phosphorus and part or all the potassium requirement in the form of a ready-made fertiliser mixture



Constantia Fertiliser, South

storage capacity of 10 000 t and floor storage space of 600 t.

The urea plant produces an impressive 40 t per hour. Urea, also known as carbamide, is an organic compound with the chemical formula CO(NH<sub>2</sub>)<sub>2</sub>. This amide has two –NH<sub>2</sub> groups joined by a carbonyl functional group. Urea plays an essential role in the metabolism of nitrogen-containing compounds by animals and is the primary nitrogen-containing substance in the urine of mammals. Urea is the most important nitrogenous fertiliser on the market, with



Constantia Fertiliser, South





Constantia Fertiliser, South

such as 2:3:4 (30) or 2:3:2 (22), both of which are very popular with many vegetable growers. At the rates generally used to satisfy the phosphorus requirement on reasonably fertile soils, these mixtures may supply too little nitrogen at planting, and would need to be supplemented with one of the principal nitrogen fertiliser materials. Such materials include limestone ammonium nitrate (LAN), which contains 28% N and, incidentally, also about 5% Ca, urea (46% N) and ammonium sulphate (21% N and 24% S). Of these, LAN is the most popular and least acidifying and is used extensively for both basal and side-dressing.

Ordering from Constantia is effortless. Orders are received from the client or the farmer. A job card is created, and the process is

registered straights such as urea, MAP, KCL and LAN, to name just a few. All the prescription blends get additional approval from the agronomist.

What makes Constantia stand out from the rest is their sole distribution right on SELCOTE. SELCOTE is a world-class product that is imported and distributed in South Africa only by Constantia.

Constantia also owns their

own delivery vehicles, which shortens their delivery times and also ensures their products get delivered safely at the client's premises.

The company uses a competitive pricing structure. The fact that some of their products are imported creates a significant challenge

in keeping their pricing in the market ranges. The ever-changing

rand/dollar exchange rate poses a challenge to keep pricing competitive and realistic.

Constantia Fertiliser started as a small blending plant and has expanded over the past seven years into the new and improved blending plant that stands proud at Umlaas today. They have achieved a fantastic client base, and aim to provide the best possible product at competitive prices and with the best service.



Constantia Fertiliser, South



Constantia Fertiliser, South

set in motion. The production manager and supervising manager work closely together to ensure orders are carried out correctly the first time. The ordered product is manufactured and quality checked before it is loaded on a dispatch truck and weighed to go out for delivery.

All the products produced at Constantia are approved by their in-house agronomist. This speeds up lead times on production and deliveries.

Popular products are granular fertiliser registered blends/



Constantia Fertiliser, South





Constantia Fertiliser, South

The team at Constantia works very well together. They strive to give the clients their best efforts and service. They add value to the TWK group through specifically manufactured quality products to satisfy the needs of clients.

The blending plant at Wellington falls under the supervision of Mark Rohde and is managed by Gerda Vesluis. Oupa Vermeulen, our marketing manager for the Western and Eastern Cape, heads up a very experienced and dedicated team of agents who nurture a supply and customer base.

The process is much the same as at Constantia Umlaas: they produce bulk blends, NPK and custom mixes as per the client's request in 50 kg or 500 kg bags.



Constantia Fertiliser, South

Constantia Wellington's niche products are blends, mostly plant fertiliser enriched with coated lime, gypsum and the Bio Green product range. The blending is all done correctly according to the need of the specific field by their agronomist, Wynand Bronn. It is not an easy blending process because the lime and gypsum are softer products, with a lower hardness than fertiliser.

Every order comes with a blend card. The card is signed off by our agronomist. Specific blends that require the same raw materials are grouped to streamline production. However, ammonium nitrate and urea blends, for example, can never be grouped in

production. Once the product has been manufactured, it is kept in our facility until collected by the client.

The production plant has six bins and six screens, and all fertiliser runs through the same quality-approval system. They produce an impressive 180 to 220 t per 12-hour production run and have storing capacity for 8 500 tons in bulk.

Quality does not go unchecked at any of the Constantia Fertiliser blending plants.



Constantia Fertiliser, South

Ideally, fertiliser recommendations should be based on the results of a recent soil analysis done on representative soil samples. Where vegetable crops are to be grown for the first time, or only sporadically or on 'virgin' soil, the importance of submitting representative soil samples for analysis and recommendations has to be emphasised. Analysing the ground before planting every crop, or at least annually, is recommended. Any visible or severe nutrient deficiencies or imbalances may then be corrected before planting, and any lime required can be applied.

Contact Constantia Fertiliser for an agent in your area to assist you with your fertiliser needs. Constantia strives towards world-class quality fertiliser products and the best service. ■



Constantia Fertiliser, South



# Gewysigde ouerlike en aannemingsverlof – *wat dit behels.*

Deur Sagrys Klopper, Bestuurder: Menslike Hulpbronne

**Op 23 November 2018 het president Ramaphosa die Wysigingswet op Arbeidwette van 2018 onderteken. Hierdie Wet dek die nuwe bepalings rakende ouerlike- en aannemingsverlof in-gevolge die Wet op Basiese Diensvoorwaardes. Dit hanteer ook sekere veranderinge aan die Werkloosheidsversekeringswet. Die Wet op Basiese Diensvoorwaardes (BCEA) het verander om voorsiening te maak vir drie nuwe kategorieë verlof.**

**D**ie eerste kategorie is ouerlike verlof (ook bekend as ouerskaps- of vaderskapsverlof). Die nuwe wetswysigings bepaal dat 'n gade of lewensmaat van 'n persoon wat geboorte skenk aan hulle kind op 10 ononderbroke dae se ouerlike verlof geregtig is. Daar moet 1 (een) maand vooraf (of so spoedig as wat andersins redelik moontlik is) deur die gade of lewensmaat vir sodanige verlof aansoek gedoen word, welke verlof op die kind se geboortedatum sal begin. Soos in die geval van kraamverlof, sal sodanige ouerlike verlof as onbetaalde verlof geld, wat dan teen 'n vasgestelde persentasie vanaf die Werkloosheidsversekeringsfonds (WVF) verhaal kan word. Die eisbedrag sal gelykstaande wees aan 66%, pro rata, van die eiser se gewone maandelikse salaris.

Die tweede kategorie is aannemingsverlof, wat verband hou met die aanneming van 'n kind wat onder die ouderdom van twee is. 'n Enkele aannemende ouer is op 10 opeenvolgende weke aannemingsverlof geregtig. As daar twee aannemende ouers is, sal die ander een op 10 opeenvolgende dae gewone ouerlike verlof geregtig wees. Dit word aan die aannemende ouers oorgelaat om te besluit wie aannemingsverlof en wie gewone ouerlike verlof neem. Verlof kan begin op die dag waarop die aannemingsbevel toegestaan word. Die kennisgewingvereistes is soortgelyk aan dié van ouerlike verlof.

Die nuwe wetgewing vereis dat albei ouers se naam op

die kind se geboortesertifikaat verskyn. Die goeie nuus vanuit 'n werkgever se oogpunt is dat vergoeding deur die Werkloosheidsversekeringsfonds gedek sal word.

Werkloosheidsversekering

Die Werkloosheidsversekeringswet (WVF) sal gewysig word om voorsiening te maak vir die betaling van werknemers wanneer hulle verlof neem in-gevolge die nuwe kategorieë wat hierbo genoem word.

Terwyl die huidige bepalings van die BCEA oor kraamverlof onveranderd bly, sal moeders op kraamverlof verhoogde voordele van die WVF ontvang. Hulle sal 66% van hulle verdienste ontvang, onderhewig aan die maksimum inkomstedrempel. 'n Spesifieke voorsiening is bygevoeg dat die betaling van kraamvoordele nie die betaling van werkloosheidsvoordele sal beïnvloed nie. Dus, as 'n moeder haar werk verloor, sal sy steeds toegang hê tot al die ander werkloosheidsvoordele wat haar toegeval het.

Buitelandse burgers en werknemers wat in-gevolge leerlingskapooreenkomste in diens is, sal in staat wees om voordele te eis.

Die onderstaande is slegs 'n kort opsomming van die veranderinge wat waarskynlik die grootste getal persone en besighede gaan beïnvloed. Ons beveel aan dat jy na gelang van jou spesifieke omstandighede advies inwin.

In 'n neutedop

Uitbreiding van ouerlike verlof (of ouerskapsverlof)

Tot dusver was werkende moeders met die geboorte van 'n baba op onbetaalde verlof in die vorm van vier opeenvolgende maande kraamverlof geregtig. Indien hulle bygedra het tot die Werkloosheidsversekeringsfonds (WVF), kon hulle by die fonds om kraamvoordele aansoek doen.

Hierdie verlof sal nou uitgebrei word tot -

"Ouerlike verlof " of "ouerskapsverlof": Ouers (insluitende vaders en selfdegeslag-lewensmaats/ gades) kry nou tien opeenvolgende dae se ouerlike verlof.

"Aannemingsverlof": Aannemende ouers van 'n kind onder die ouderdom van twee jaar kry annemingsverlof van tien opeenvolgende weke, of ouerlike verlof van tien opeenvolgende dae (waar daar twee aannemende ouers is, berus die besluit by die ouers self oor watter een van hulle die aannemingsverlof van tien weke gaan neem en watter een van hulle die ouerlike verlof van tien dae gaan neem).

"Opdraggewende ouerlike verlof": Opdraggewende ouers in 'n surrogaat-moederskapsooreenkoms – hier is dieselfde bepalings as vir aannemende ouers van toepassing. Dit hou in dat die opdraggewende ouers tussen hulle geregtig is op verlof. Daar is opdraggewende ouerlike verlof van minstens tien opeenvolgende weke, of ouerlike verlof van tien opeenvolgende dae (waar daar twee opdraggewende ouers is, berus die besluit by die ouers self oor watter een van hulle die ouerlike verlof van tien weke gaan neem en watter een van hulle die ouerlike verlof van tien dae gaan neem).

Ouers wat onbetaalde verlof neem soos hierbo gemeld, is ook geregtig op voordele van die Werkloosheidsversekeringsfonds (WVF).

Werkgewers met 'n beleid ten opsigte van kraamverlof, en ook dié wat betaalde verlof verleen (in teenstelling met onbetaalde verlof), word aangeraai om in die lig van die nuutste wysigings hulle beleide te hersien. ■



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**T**he winter of 2020 will probably firstly be remembered for the Covid-19 lockdown, and secondly for very cold conditions. With global warming on the rise it was nearly impossible to imagine such a severe winter. Minimum temperatures reached -5 °C or lower multiple times and were very close to or even lower than -10 °C in places like Standerton, Koppies, Bothaville, Viljoenskroon, Bethlehem, Bloemfontein and Barkley-East, and in many other places such as Prieska in the Northern Cape and Leeudoringstad in North West. Of further importance was that the severe cold conditions occurred multiple times since the last week of May 2020.

July was 51 days. This was the second highest number of days since 2001, with only 2007 with more days (54). The average number of frost days until the end of July since 2001 has been 41 days. This demonstrates that the 2020 winter received about 20% more than the average days with frost.

Most of the summer rainfall area has been in the grip of severe drought conditions since about 2012. Average to above-average rainfall occurred over the central parts in the second part of the summer of 2020. The big question now is whether this was the start of more favourable rainfall conditions for coming seasons.

## How cold was the winter of 2020 and what can be expected for the summer season?

*Proudly sponsored by Santam Agriculture  
Johan van den Berg*

Although the first frost occurred about two to three weeks later than average, the onset of cold conditions was abrupt and continued through June and July. Although a trend developed over the past few years of fewer days with frost, the 2020 situation was probably more reminiscent of the long-term average or 'normal'.

The average number of frost days for a place like Bothaville (Nampo) since 2001 has been about 50 days. The years of 2001 and 2002 measured only 31 days with frost, which has been the lowest number of days since 2001, whereas the winters of 2007 and 2011 recorded the highest number of frost days with 66 days each. The total number of frost days for Bothaville for 2020 until the end of

The two most important factors that determine the rainfall over southern Africa are the ENSO phenomenon (El Niño Southern Oscillation) and the status of sea surface temperatures of the Indian Ocean, especially the western Indian Ocean.

Both the 2018/19 and 2019/20 seasons resulted in weak El Niño events that drifted between neutral and El Niño-type of conditions. Changes in both ENSO and the Indian Ocean have started to occur since the beginning of 2020. More La Niña-types of development started to occur, especially since the beginning of May 2020. The Indian Ocean Dipole (IOD) index is also now well within the neutral range.



Most forecasts favour a further development towards La Niña conditions, as well as a negative phase of the IOD. A La Niña event that coincides with a negative IOD usually results in positive prospects for summer rainfall. Historically, similar years in terms of ENSO and the IOD were 1974/75 and 1988/89. Both resulted in above-average rainfall and even flooding.

A characteristic of similar years was the normal to late start of the rainy season. There is also a unique spatial pattern with average to above-average rainfall starting from about October to reach a peak in December over the eastern parts of the country. The band of rainfall then starts to shift towards the west, with above-average rainfall over the central to western parts from January to March.

As the rainfall pattern shifts towards the west, the eastern and north-eastern parts start to receive less rain and dry or drought conditions set in from about February over Mpumalanga, KwaZulu-Natal and the eastern parts of Limpopo. It is very likely that average to above-average rainfall will occur over the current drought-stricken areas of the Northern Cape and adjacent parts of Namibia and Botswana.

Implications for agriculture: Favourable prospects for summer crop production are very likely for the 2020/21 summer season, especially over the central to western parts of the country. This may result in record maize yields for a second year in a row, which may have

an impact on the commodity price of maize, but will be positive in terms of food security.

In terms of grazing conditions over the central to western parts of the country, the rain will likely result in the recovery of veld production following the drought conditions of the past nearly eight years. This may lead to higher prices for livestock due to the building of animal herds.

Summary: In the current poor state of the South African economy the agricultural sector can provide some relief if the favourable climate forecasts are going to materialise. ■



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# MARKETING WOES *for farmers*

Farmers work hard to ensure they have products to market to and secure their income. So, it is not strange that farmers are always on the lookout for better prices and product options. Farming is a business after all, and just like any other business, it must be profitable. A lot of blood, sweat and tears go into producing grain and livestock.

**M**arket prices for livestock and grain have been under significant pressure for the past year or two (considering what happened before Covid-19).

Over the past several years social media marketing has boomed. Many farmers now use social media as a marketing platform for their produce – whether this is livestock or grain. Unfortunately, this is not always as cookie-cutter as it may seem, or rather as easy as some may want you to believe.

As all businessmen (and women, mind you) will tell you, not everyone in the business world is honest. Many farmers can attest to this, as it is often the case in the farming community.

Whether you want to find the best price for some weaners when they are finally ready to market, or for the grain that was recently harvested, everyone makes enquiries. Yes, everyone: from large commercial farmers all the way down to the smaller farmers. This often means calling livestock marketing groups (auctioneers), local co-ops to get grain prices from them, or the local feedlot to ask if they are in the market for livestock, or even grain, and even enquiring from the unknown guy on social media who is offering a price substantially higher than market price when you are in need of a little bit extra.

You know the guy: The one who offers prices higher than any other group or co-op is offering, but when you start speaking to them about the transaction, it feels like your skin is crawling or even that your gut is telling you to stay away. When you are eventually due to receive your payment, the guy is unreachable, like he never existed. This is when others come out of the woodwork who also tried to do business with him.

There are smaller buyers in the market who make an honest living, but unfortunately there are also quite a number of not-so-honest buyers in the market who will take your hard-earned produce without paying you, after



which you will never hear from them again. Sadly, many farmers fall for schemes such as these. Not everyone will admit it, but many of us know farmers who fell for similar schemes.

With the economy being as weak as it is and South Africa suffering as a whole, no one can really blame farmers for trying to find more economic solutions. But in the long run, it may just be better to do business with co-operatives (like TWK), local mills, feedlots and livestock marketing groups. These are groups and businesses that will not disappear overnight, and both your money and your produce will be safe. This means you get market-related prices and you actually get your money.

When it comes to marketing your grain (from maize to sunflower, wheat and all other grain that is produced), it is always a good idea to speak to people who market grain on a daily basis and are in the loop regarding current market prices. These people are known as grain marketers. It should be noted that grain prices do change throughout the year and can differ from one week to the next – therefore, do not fix your budget on a sudden spike in white maize prices, when under normal circumstances the standard market price is much lower.

Something to keep in mind when producing grain, or even for livestock farmers: Keep up to date with prices. Markets change daily. Produce gets exported and imported regularly and there are several other factors that will greatly influence the market prices. If you have not already signed up to receive daily and/or weekly market updates, it is a good idea to investigate this.

You will notice that global wool markets have been under pressure. With the foot-and-mouth disease that caused significant economic headaches for farmers, and the current Covid-19 lockdowns across the world, the export of wool from South Africa (for example, to China – the biggest importer of wool) has faced several obstacles. These range from exports being halted in South Africa to imports into China being stopped (ships not being unloaded – first due to the Chinese New Year and then due to Covid-19).

Furthermore, wool prices are experiencing both higher and lower

prices, which indicates that the market is not stable. Yes, there are cases where wool is auctioned off at significantly higher prices, but unfortunately this is the exception and not the rule for the average wool producers. Many producers are seeing much lower prices than they have grown accustomed to in the past couple of years.

The livestock market has recently seen some improvements. During the foot-and-mouth ban on auctions, farmers and marketers had to turn either directly to feedlots or to abattoirs to market animals. This meant that some farmers could not market all the animals they had because certain buyers were not able to buy. Generally, prices were lower than the norm for the period – before and during Christmas and New Year, prices are quite high and this was not the case during December 2019.

For the early months of 2020, prices were still relatively low (prices for weaners went as low as R25/kg, which is shocking, when less than a year before prices were over R40/kg for the same weaners). Many were concerned about the impact of Covid-19 on the market and no one really knew how it would really affect the market (especially when people had less money to spend).

In the middle of the winter we saw a slight increase in the market prices (weaners went for well over R30/kg), and this brought some hope back to livestock farmers. Production auctions also went on during certain lockdown levels and prices were more normal than many had expected (bull prices averaged between R47 000 and R66 000 per auction in some cases).

It is a fact that people need to eat – locally and abroad. Food that is produced in South Africa will find its way onto plates. No matter how weak an economy is, food cannot be taken away. Just take heed of markets and make sure you use a reliable agent, group or business to market your produce. And be careful of that guy lurking around on social media, offering you something that sounds like it is too good to be true – unfortunately it usually is!

By Cornelia Vermaak ■

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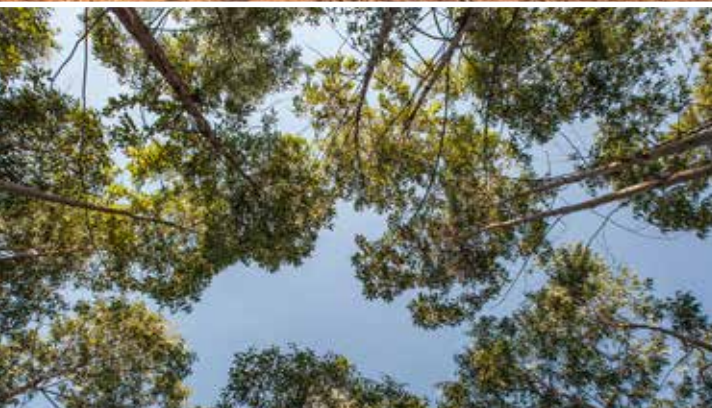
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The TWK sustainability is based on successful and sustainable forestry practices to ensure sustainability and responsibility for future generations. TWK focus on the impact our forestry has on the environment and stakeholders to ensure a long term benefit for all our suppliers and shareholders.

To achieve our goal, TWK is in the process of certifying our plantations under the South African Forestry Assurance Scheme (PEFC). TWK implemented a due diligence system to create a system of sourcing timber only from non-controversial sources for the South African and International markets.

### **What does all this mean in practice?**

**Integrated pest and Disease Management.**

TWK is a member of Timber Industry Pesticide Working Group (TIPWG). The aim is to manage pest as a collective in a responsible manner. For pesticides an Environmental and Social Risk assessment (ESRA) is done and all members have to comply with the rules and guidelines.

### **Research**

TWK is involved in different research projects that act as a base for sustainability. This include Tree Breeding, Pest and disease management, Silviculture practices as well as new technology.

### **Biodiversity**

To ensure biodiversity TWK and our group scheme members do regular biodiversity, biomonitoring and water quality surveys. Corrective actions are implemented to ensure the protection of the asset in the long term.

### **Social Commitment**

Health and Safety of all personnel, Contractors and suppliers form one of the bases of TWK's commitment. TWK also prioritise local employment. The company also give preference to the local community when recruiting and employing. Through the Vumbuka Trust TWK also support several community projects and TWK also mentors previously disadvantaged timber growers who are beneficiaries of land reform and land redistribution in South Africa

Looking back at 80 years of continuous sustainable growth we take the challenges of the next 80 years. ■



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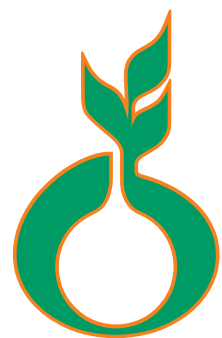
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**New Holland Agriculture turns 125 years old: more than a century of commitment towards five generations of farmers across the globe, making their lives easier and the agricultural business more efficient and sustainable.**

The values and vision of New Holland's founders are the beating heart of the brand to this day, as it celebrates 125 years at the farmers' side, providing the support they needed at all times, constantly investing and innovating so they would have the products, technologies and services to farm efficiently, sustainably and profitably. Carlo Lambro, Brand President of New Holland Agriculture stated: "New Holland has a rich heritage started in a small town of Pennsylvania and has grown to be a global brand with presence across 170 countries. It is a history marked by important innovations that have changed agriculture. It brings together the unique legacy of brands such as Ford, Fiat, Braud and Claeys. Most important of all, it is a history marked by people: our customers, our dealers, our employees, day after day, year after year. Together, we are facing the many challenges of agriculture, helping farmers get the job done, efficiently and profitably, and get the best from their business."

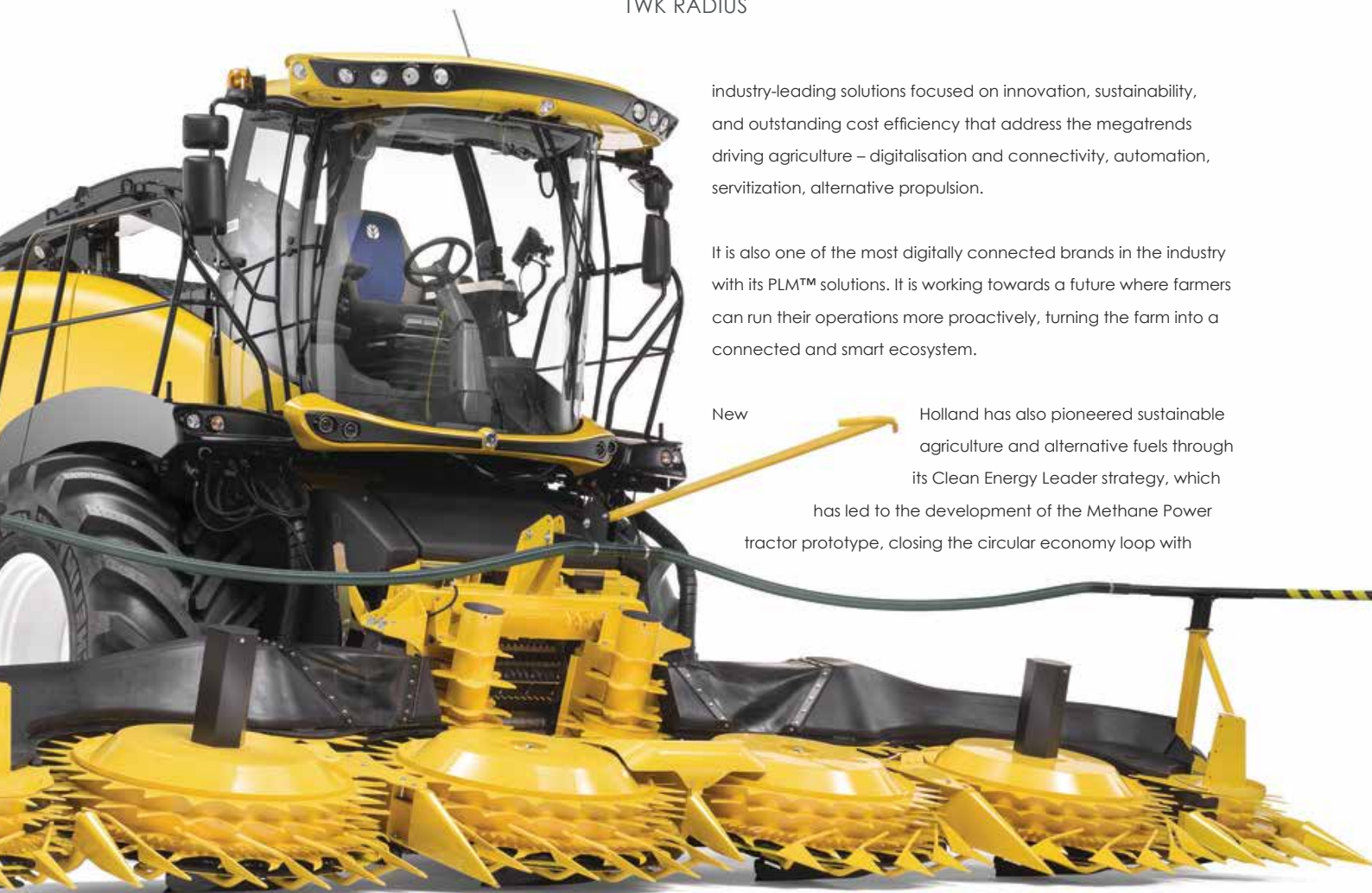
New Holland is the farmer's partner for every season – for good times and challenging times: "We are living in extraordinary circumstances that are changing how we live and work in ways we could never have imagined," he added. "This situation has highlighted the vital role of agriculture and brought to the attention of the public how important farmers are in their life. Agriculture has reacted to the crisis with strength, successfully ensuring the food supply without disruption in the face

of exceptional difficulties. And New Holland has remained at the farmers' side throughout, providing the support they needed. We continue to invest in the future, and we will make the most of the possibilities of new technologies, connectivity, automation and alternative fuels – working together towards sustainable agriculture. As we celebrate our 125th anniversary, at this unprecedented moment in history, we look to the future with confidence."



New Holland's history: our legacy of innovation New Holland was founded by agricultural pioneers whose rich legacy lives on in the values that drive the brand today. Abe Zimmerman who understood the importance of





industry-leading solutions focused on innovation, sustainability, and outstanding cost efficiency that address the megatrends driving agriculture – digitalisation and connectivity, automation, servitization, alternative propulsion.

It is also one of the most digitally connected brands in the industry with its PLM™ solutions. It is working towards a future where farmers can run their operations more proactively, turning the farm into a connected and smart ecosystem.

New Holland has also pioneered sustainable agriculture and alternative fuels through its Clean Energy Leader strategy, which has led to the development of the Methane Power tractor prototype, closing the circular economy loop with

meeting customer needs with simple solutions and reliable support and whose small machining company founded in New Holland, Pennsylvania in 1895 would one day grow into a worldwide brand; Henry Ford, who had the visionary aim to make innovation and mechanisation accessible to all and produced the world's first mass tractor in 1917; Giovanni Agnelli who saw how a solution developed for a specific local need could be extended to provide farmers across the world a smart solution with easy-to-use, innovative machines, demonstrating its first Fiat tractor in 1918; Leon Claeys, who dedicated his specialist knowledge to making farmers' lives easier and led to the first European self-propelled combine harvester in 1952. One hundred and twenty-five years on, New Holland remains the reliable, open and responsive, innovative, and sustainable partner to farmers across the world.

New Holland today: the farmer's partner for every season Today, New Holland remains at the side of its customers, building close, long-lasting relationships to work in partnership for their success. Its professional dealers can be relied on to respond quickly and efficiently. With some 2,000 dealers and 5,000 touchpoints globally, New Holland is always close at hand for all farmers, ready to provide the broadest product offering in the world and the solutions they need.

It helps its customers operate efficiently and profitably with

a tractor powered by methane or biomethane, which can be produced on the farm. In the coming years, it will continue to drive agriculture's transition to renewable fuels, taking forward its methane project, which is at the heart of its commitment to sustainability.

Source: [www.newholland.com](http://www.newholland.com)

**TWK Mechanisation:**

Johan Bender: (082) 550 5595 | [jbender@twkagri.com](mailto:jbender@twkagri.com) ■



# PULP PAPER AND WOODCHIP

## Market Update

By John Swaine

Prior to the advent of the Covid 19 pandemic, world markets had weakened and economic growth had been slowing down in some of the world's largest economies. This was mainly due to uncertainties about the Brexit fallout in Europe and the ongoing trade war between the USA and China.

Pulp prices in China started falling during 2019, with bleached hardwood kraft pulp (mainly used in paper and tissue products) falling 50% from the highs of \$900/ton in 2018 to near record lows of \$450/ton. Prices of dissolving pulp (mainly used in the textile industry) fell even more dramatically. These price falls were due to the combined effect of the economic slowdown, which reduced demand, and new pulp capacity coming into the market. Analysts predicted that pulp prices would start recovering during the first half of 2020.

Then along came Covid-19. The effects on the world's health, economic and social systems have been devastating. The forest products industry, which includes pulp paper and packaging, has also been significantly affected, although fortunes have varied. Some product lines like printing and writing papers were dramatically negatively affected, whereas tissue and hygiene products and some packaging products have been less severely affected.

This article examines some of the major factors during the Covid 19 pandemic that are influencing these sectors:

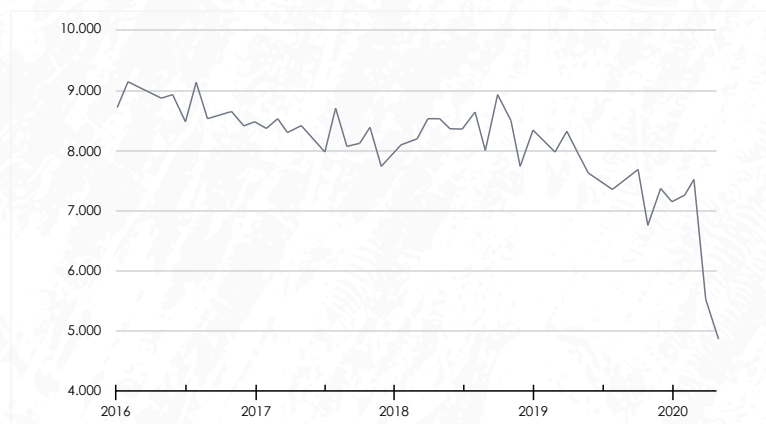
- Heightened hygiene and personal protection.
- Working from home, and school and university closures.
- Expansion of e-commerce.

### Heightened hygiene and personal protection

Covid-19 and the associated heightened awareness with regard to hygiene and personal protection created an acute demand for masks, gowns and other personal protective equipment, including cellulose-based products, tissue and paper-based cleaning products such as disinfecting wipes. There are signs that demand may remain high as governments, healthcare, business and consumers strive towards heightened standards of hygiene and personal protection.

### Working from home, and school and university closures

This has had a huge negative effect on the demand for graphic paper (newsprint, printing and writing paper), which constitutes nearly one-third of the world's production of paper and packaging products, as offices and education facilities have closed and office workers and students are working and studying online from home (see Graph 1 below). The demand for graphic paper has been declining for several years, with only moderate signs of growth in the developing world. The digital office has been a long-term vision for many businesses, but in reality has been a slow process as old habits and business needs overwhelmed digital opportunity. Until now. The paperless office has been fast-tracked and could become a reality, as so many office workers have become 'office-less'. During this period businesses have realised that in many cases office work can be effectively done from home. The shift towards doing more at home will have far-reaching implications.



Graph 1: Demand for uncoated paper (used for printing and writing paper) in the USA



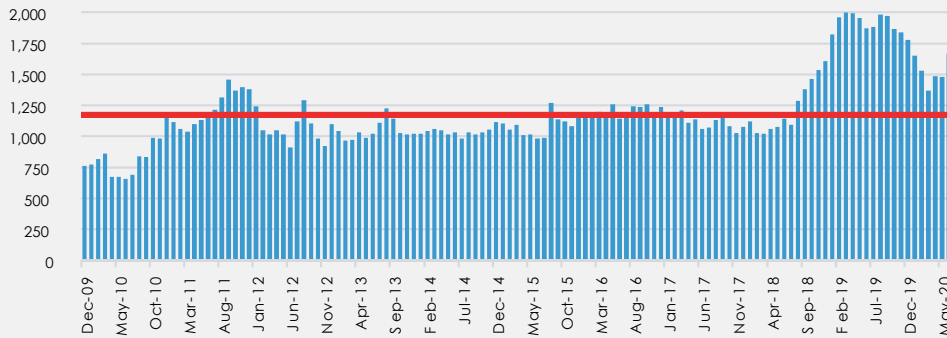
**Expansion of e-commerce**

As companies and organisations have had to adapt their business models to cope with the effects of Covid 19, e-commerce has grown very rapidly. Amazon, for example, has posted a 40% increase in profits over this period

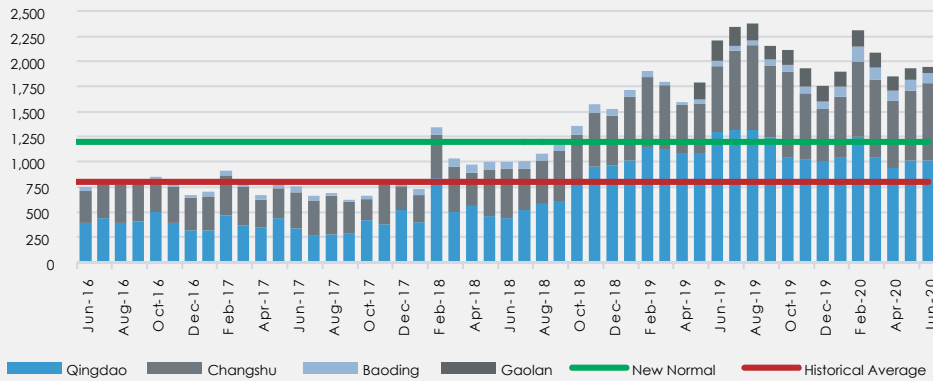
While e-commerce has eaten into brick-and-mortar retail, it represented less than 20% of overall US retail spending in 2019. Then came Covid-19, and online spending shifted from a preference to a necessity for many households. Online shopping increased by 100% to 200%, depending on the category. E-commerce is more 'box-intensive' than brick-and-mortar channels, using seven times more corrugated packaging material per US dollar spent than traditional storefront retail sales in the USA.

As economies recover, will consumers return to brick-and-mortar stores at pre-pandemic levels? Will some of the shops they seek even be there?

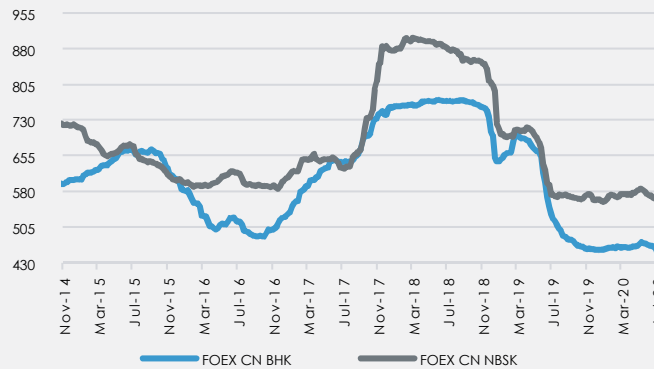
Pulp inventories at Chinese and European ports still remain well above historical levels, as indicated in the graphs below:



Graph 2: Pulp inventory European ports (million tons)



Graph 3: Pulp inventory Chinese ports (million tons)



Graph 4: Current pulp pricing trend for bleached hardwood kraft pulp delivered to China – US\$/ton, China

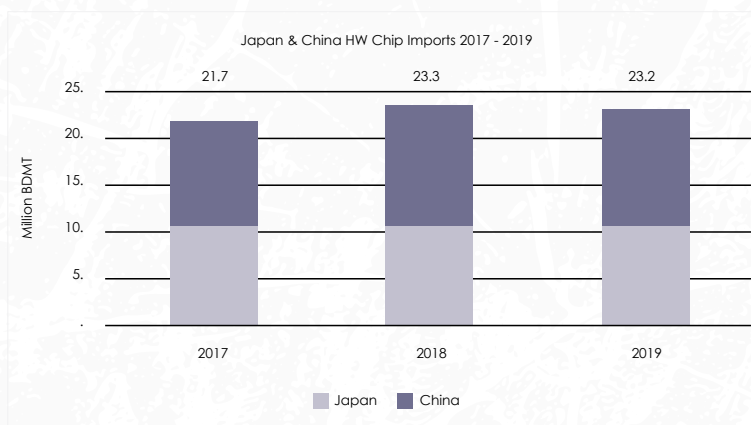
Pulp prices remain under pressure as some pulp producers that are vertically integrated, normally using their pulp for end products such as printing and writing papers, are selling some of their pulp into the market. Due to a significant reduction in demand for dissolving pulp and resultant pricing at record lows, some producers who have the technological capability to swing their production to producing bleached kraft pulp have done so, thereby increasing availability.

With almost 3,7 million tons of new bleached hardwood kraft pulp scheduled to come online over the next two years, as per Table 1 below, pulp prices are likely to remain under pressure.

Project	Country	Type	Capacity	Startup
Arauco MAPA Mill	Chile	BHKP	1 560 000	2021
UPM Uruguay Second Mill	Uruguay	BHKP	2 100 000	2022
<b>Total</b>			<b>3 660 000</b>	

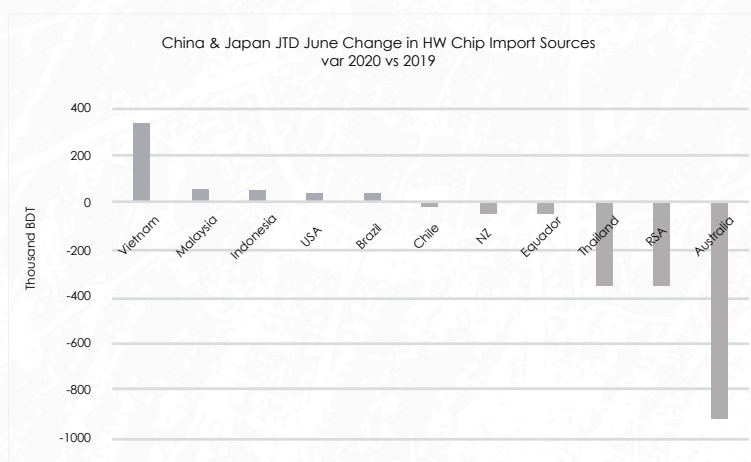
Table 1

So how is all this affecting the market for imported woodchips in China and Japan? As is shown in Graph 5 below, total imports for Japan and China combined grew by 1,6 million bone dry tons (bdt) from 2017 to 2019. Japan imports remained fairly steady, while China imports grew by 1,4 million bdt.



Graph 5: Total imports for Japan and China combined grew by 1,6 million bone dry tons (bdt) from 2017 to 2019

However, import volumes for Japan for the period January through to June 2020 were down by 20%, while China was down by only 2%. Volumes are expected to drop off further in coming months. More noteworthy, however, is the fact that there has been a significant switch of imported woodchip volumes from some of the further high-cost sources (Australia, Chile, South Africa) to the closer lower-cost source of Vietnam, as per Graph 6 below.



Graph 6

Woodchip prices between major Japanese buyers and contract suppliers were settled in June and July, with significant price reductions as follows:

- South Africa: minus \$21/bdt
- Chile: minus \$15/bdt
- Australia: minus \$15/bdt

A new integrated pulp and paper mill with a capacity of 800 000 tons of bleached hardwood kraft pulp is currently being built in China by Sun Paper. It is due for start-up in early 2022, and will require around 2,5 million green metric tons of imported woodchips.

Availability of woodchips for export from Australia and Chile will start reducing from next year on, with volumes from Australia reducing as a result of conversion of substantial tracts of plantations back to agriculture due to suboptimum growing conditions. In Chile this is due to increased domestic consumption as a result of pulp capacity expansions, thereby providing opportunity for South African woodchip exports.

■



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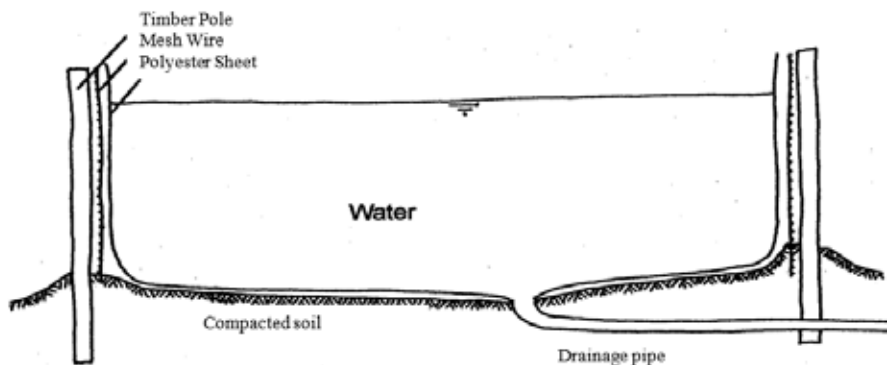
# AFFORDABLE ROUND DAMS FOR FARMS



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**T**he ARC for Agricultural Engineering therefore started examining alternative and cheaper ways of collecting water. A dam was erected on the premises of the Institute for this purpose and was evaluated for a period of three years. The dam was emptied, cleaned and refilled on a regular basis. It was entirely exposed to all weather conditions and it can be stated that the durability of the dam can be determined in the course of time.

The conventional type of dam of concrete and brick may be considered a more durable construction, but it costs considerably more and is more labour intensive to build. With careful maintenance and the prevention of mechanical damage, it is viable to consider this structure, as it is much cheaper than commercially available dams. The cost of erecting this dam is less than half of the cost of a round concrete dam and less than a quarter of the cost of a commercial, prefabricated dam after installation.



*Sectional view of the dam for detail of the construction*

The structure is a round dam of welded wire mesh, with a lining of polyester cloth, painted with a waterproofing substance. The whole structure is secured with a number of timber poles planted into the ground, with the wire mesh secured to it.

The construction of the dam is simple and can easily be constructed by the user with own labour in a very short time. The materials are also easy to use and no specialised knowledge or equipment is necessary.

The user decides on the size of the dam required according to the purpose for which it will be used. The following aspects should however be kept in mind:

- How regularly water will be pumped into the dam;
- What will the total water consumption be during this period;
- How reliable is the water source;
- How much damage will be caused by water shortages.

A complete manual on how to erect the dam and materials needed is compiled in a manual that is available at the ARC-Agricultural Engineering. Contact: Elmarie Stoltz | Tel: (012) 842 4017 | Email: stoltze@arc.agric.za ■



**V**ars, vuurwarm plaaskoffie wil 'n boer mos saam met nabymense geniet. Dankie vir die gasvrye ontvangs wat ons agente en assessors telkens op die plaas kry, want dit laat ons voel soos familie. Van familie gepraat; toeganklikheid, openhartige kommunikasie en eksieperfeksie dienslewering is ingewef in hoe die AgriSeker-familie dinge doen.

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# BE CAREFUL OF THINGS THAT buzz

By Roger Poole // TIPWG

## Could drone technology be the silver bullet to revolutionise agriculture and help bring about the Fourth Industrial Revolution, while solving many of the current global challenges we face along the way? If you believe the buzz, then yes!

It certainly has a lot of potential. In the forestry sector alone, it could dramatically reduce labour costs, especially when it comes to preparing tracer lines in steep inaccessible areas, for example. It has the potential to reduce many of the risks to the environment and human health associated with pesticide use, especially to applicators coming into contact with toxic active ingredients. Drones could be used for mapping plantations and identifying alien invasive species, for the control of many pests, weeds, fungal species and even wildlings (commercial species that have spread into non-planted natural areas).

In short, there appears to be 101 great uses for drone technology in commercial plantations.

### Venturing into the unknown

The problem with any new technology is how best to implement it to ensure that the correct safety standards and operating requirements are met.

'We have now had several very interesting but not overly successful meetings with various drone operators and operating companies,' explains Roger Poole, TIPWG chairperson, 'and the challenge seems to be the legal requirements that govern the commercial use of drone technology.'

South Africa was one of the first countries to approve drone or remotely piloted aircraft systems (RPAS) regulations. However, according to many of the drone operators Roger has spoken to, 'the requirements are quite cumbersome and costly, while the lag time between documents being submitted and drone operators receiving their licences is drawn out.'

Both CropLife SA's interpretation of the acts and regulations governing the use of drones, in particular concerning the aerial application of pesticides, and TIPWG's investigations have shown that the requirements for the use of drones for the aerial application of pesticides are no different from those applicable to commercial pilots operating fixed-winged aircraft or helicopters for the aerial application of pesticides.

Under Act No. 36 of 1947 and Act No. 13 of 2009, drone operators are required to be:

- Registered as a pest control operator for aerial applications under Act No. 36 of 1947. This registration can only be applied for if the person complies with all the requirements of Act No. 13 of 2009.
- Licensed to operate a drone (remotely controlled aircraft) under Act No. 13 of 2009.
- Registered under Act No. 13 of 2009.
- In possession of a remotely piloted aircraft operator's certificate issued under Act No. 13 of 2009.
- In possession of a certificate of competency to operate a radio communications system.
- In possession of a system for radio communication.

For a more detailed explanation of the governing regulations, please refer to the CropLife SA position statement: Regulatory requirements for the use of drones in aerial application of agricultural remedies Version 1, 7 March 2019.

However, there are small distinctions between what is required for drones and for other aircraft. For example, current regulations state that every single drone will need an airworthiness inspection,



whereas for helicopters and fixed-wing aircraft only the model needs to be passed. This makes the process more cumbersome for drone operators.

In trying to complete TIPWG's due diligence to put together a standard operating procedure for drone technology, we have come across several sticking points where further clarity is still required. These include the requirements needed for an OpSpec (operational specification) and whether this needs approval from the director of the Civil Aviation Authority.

**Need for safety checks before lift-off**

Before jumping on board and succumbing to the buzz, we must do our due diligence.

Poor decisions regarding the use of drone technology, including their illegal use by the sector, could have huge ramifications for their future use and for the reputation of our industry. It is therefore important that we move ahead with a degree of caution.

The first Remote Operator's Certificate (ROC) was issued in early 2019 by the South African Civil Aviation Authority (CAA), and was confirmed by CropLife SA. TIPWG supports CropLife SA's stance, which urges any drone operator who wishes to offer services as an aerial applicator to undergo the necessary training, certification and licensing in terms of both acts before commencing aerial applications of agricultural remedies.

At TIPWG we intend to continue with our due diligence and have scheduled meetings with more role players to try and clarify the exact requirements for drone operators to apply pesticides on our landholdings.

**The future is going to be airborne**

We do believe that drone technology will become a useful part of the forestry toolkit, but this will be dependent on drones and their pilots meeting all the requirements currently set in South African legislation.

We also welcome the launch of the Drone Council South Africa on 15 July 2020 by the Department of Communications and Digital Technologies (DCDT). As a platform of affiliation for both established drone companies and new entrants to the drone industry, the aim is to facilitate the growth of the South African drone economy – which includes pilot training. We can only hope that the Drone Council South Africa will be able to provide the clarity that sectors wishing to utilise drone technology needs, especially with regard to the regulatory requirements, so that the potential of this technology can be truly realised. ■



# RED MEAT *processing*

Without the aid of food processing, we would not have the convenience of the large variety of food products available in supermarkets and other food outlets. Most of the value-added food products available to consumers have been processed in some way or other, even if the processing is as simple as cleaning produce before it is packed in plastic- or net bags.

**F**aced with the current economic realities, farmers worldwide are searching for new options of surviving, as well as expanding their business. One of the many opportunities to grow markets, **turnover and profits**, is by adding value to farm produce through further processing. We look at the different red meat products (including products containing mixes of red meat and other meat such as pork), providing a brief description of the difference between processed meat products, based on the size of the meat particle used in its production:

**Whole meat products** – muscle tissue is still clearly recognisable and defined in the end product (e.g. pressed beef)

**Minced meat products** – meat structure has undergone a degree of breaking up for example in a mincer and the meat is no longer in a fibre form, but particle form (e.g. fresh sausage, frikkadels, hamburger patties)

**Emulsified meat products** – the muscle tissue has been so finely minced that it is not recognisable any more in a fibrous or particle form (e.g. polonies and meatloaves).

#### Whole Muscle Meat Products

- Canned corned meat products are cured beef or mutton cuts that are cooked and canned and may contain seasonings and added starchy ingredients;
- Corned meat products include beef and mutton cuts that have been adequately cured, and prepared as a cooked vacuum-packed product.

#### Minced Meat Products

- Fresh sausage is prepared from minced meat that is uncured, seasoned with salt and spices, and stuffed into casings without smoking or cooking. Examples include boerewors, beef sausage and mutton sausage;
- Frozen hamburger patties are shaped, minced meat products containing added ingredients and seasoning that may be crumbed and flash-fried prior to freezing;
- Hamburger patties are minced meat products containing added ingredients and seasoning which is pressed into a round, flat shape. Variations include lamb burgers made from

pre-cured lamb, cheese patties and microwave patties;

- Salami is a fermented chopped meat product, usually made from a mixture of lean pork and beef. Fermentation reduces the pH to below 5.3. The product is also dried to remove at least 20% moisture;
- Uncooked smoked sausages can be cured or uncured, seasoned, stuffed into casings and smoked but not cooked prior to sale.

#### Emulsified Meat Products

- Frankfurters are cooked, smoked sausages prepared from an emulsified mixture of lean and fatty meat (40% pork and 60% beef). Frankfurters are also cured, seasoned and skinned. It can be sold as a convenience product or a canned product.
- French polony is a typical emulsified sausage product that is stuffed in plastic casings for slicing purposes. It is the most basic type of luncheon meat and the basic polony mixture (40% pork and 60% beef, with or without added colouring) and processing method can be used as the basis for the manufacture of most other types of luncheon meats and loaves. These include olive loaves, egg loaves, pepper loaves etc.

#### Edible Meat By-Products

- Canned tongue is tongue that has been pickled and then heat processed in cans.
- Cooked tongue is tongue that has been pickled, cooked, sliced (optional) and vacuum packaged for retail outlets. All types of tongue can be pickled, including beef, lamb, sheep and pig.
- Pickled tongue is a neatly trimmed beef, lamb or pork tongue that is free of bone, epiglottis, external fat, glands and skin that has been cured.
- Liver spread is an emulsified product stuffed in a plastic or natural casing and has a texture similar to paté.

Source: ARC-Agricultural Engineering. Contact: Elmarie Stoltz | Tel: (012) 842 4017 | Email: stoltze@arc.agric.za ■



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# AFTREELEEFSTYL

## *jou grootste belegging*

Deur Louise Snyman // Bateleur Landgoed

**Die keuse van jou ideale aftreewoning is sonder twyfel een van die belangrikste besluite wat jy gedurende jou leeftyd sal neem, en met goeie rede. Dit is 'n groot belegging – nie net finansiële nie, maar ook emosioneel.**

**D**it is egter nie nodig dat jy jou leefstyl moet prysgee as jy hierdie stap neem nie. Inteendeel – Bateleur Landgoed bied eksklusiewe eenhede teen 'n bekostigbare prys, die ideale aftreeleefstyl en wêreldklas-gesondheidsorg!

Die fokus by Bateleur is om 'n aktiewe aftrede te verseker en so ver as moontlik die inwoners se huidige leefstyl te behou. Die 200 ha-landgoed bied aan eienaars ongeveer 60 ha wat as groen areas benut kan word, met verskeie wandelpaie, staproetes en damme. Om op 'n Sondagmiddag langs 'n dam te sit en visvang saam met jou kleinkinders, of om nog 'n skaars voëlspesie af te merk op jou wenslysie, is die Bateleur-lewenswyse. Dit is die leefstyl wat jy nog altyd wou hê vir jou aftrede!

Meer as 650 inwoners het hulleself reeds by Bateleur tuisgemaak. Die ontwikkeling groei jaarliks met nuwe uitbreidings en bied opsies vanaf tweeslaapkamer-eenhede tot unieke doelgemaakte huise volgens die eienaars se behoeftes. Nuwe eenhede word ingerig met 'n oog op die toekoms en sluit gasstowe, sonpaneelgeisers en 'n optieseveselnetwerk in. Klaar geboude skou-eenhede word ook ingerig met 'n bystand-kragbatterypak om te verseker dat inwoners nie in die donker gelaat word nie.

"Ons weet hoe belangrik dit is om vooruit te dink. Aspekte soos optiese vesel en alternatiewe krag voeg nie net waarde tot eienaars se belegging toe nie, maar verseker dat inwoners te alle tye veilig is en met geliefdes kan kontak maak," het die ontwikkelaar gesê.

Die sekuriteitstelsel by Bateleur is ten volle opgegradeer. Dit bevat die nuutste tegnologie van hitte-gevoelige kameras, sowel as 'n ten volle toegeruste beheerkamer op die perseel vir mediese en ander noodgevälle.

Die besonderse lewenstyl by Bateleur word deur wêreldklas-gesondheidsgeriewe aangevul. In ooreenstemming met huidige tendense bly die doelwit om inwoners so lank as moontlik in die gemak van hulle eie woning te versorg. Tuisversorging word gebied deur die landgoedsuster, met aanvullende kliniekdienste soos nodig. Wanneer tuisversorging nie meer voldoende is nie, is daar die gemoedsrus van 'n luukse sorgsentrum wat bystandsorg- sowel as verswaktesorgeenhede insluit. Die standaard van versorging wat hier gebied word, is uitnemend, met 'n uiterse professionele en bekwame span onder leiding van die sorgsentrum se eenheidsbestuurder.

By Bateleur word daar vir die daaglikse behoeftes van inwoners voorsiening gemaak. Smaaklike etes word bedien vanaf die restaurant, met 'n geriefswinkel vir die alledaagse brood en melk. 'n Biblioteek, haarkapper en skoonheidsdienste is op inwoners se voorstoep beskikbaar. Gemeenskapsaktiwiteite sluit brug, Pilates, pottelbakery, Bybelstudie en vele meer in. Vir inwoners wat meer opwinding soek, is daar altyd die Krugerwildtuin, wat 'n skrapse 65 km van Bateleur af geleë is. Nelspruit bied verder 'n internasionale lughawe, goeie hospitale en 'n verskeidenheid inkopiesentrums.

"Ons het heelparty inwoners wat steeds ekonomies aktief is. Omdat die leefstyl wat Bateleur bied so besonder is, vind ons dat mense reeds op 'n vroeë ouderdom by ons aansluit en maksimum voordeel uit die omgewing kry. Enigiemand bo die ouderdom van 40 mag permanent in Bateleur woon. Dit is nie 'n tradisionele aftreoord nie," sê die ontwikkelaar.

Maak dus seker dat jy die Bateleur Landgoed besoek. Met die lieflike Laeveldse natuurskoon, ideale klimaat en uitsonderlike leefstyl, sal jy nooit weer wil weggaan nie. ■





**Bateleur**  
E S T A T E  
L A N D G O E D  
N E L S P R U I T



# Unieke

---

## Leefstyl Landgoed

Bateleur is 'n 200ha leefstyl landgoed met ongeveer 60ha ongerepte groen areas. Inwoners kan 'n aktiewe en gesonde leefstyl geniet binne die veilige grense van die landgoed met voetpaaie, staproetes en damme in die natuurlike habitat wat met sorg behou word. Toegang tot wêreldklas tuisversorging- en aftree fasiliteite sowel as sosiale aktiwiteite op die landgoed soos 'n biblioteek, brug klub, pottebakkerij, pilatus, haarkapper en restaurant maak hierdie 'n besondere tuiste!



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# The Post-COVID-19 *workplace*



In South Africa, like in all other countries, Covid-19 has created a massive disruption unknown to current generations, forcing everyone to adjust at an equally fast and somewhat disruptive pace. Employers had to alter their workplaces rapidly to make way for remote workstations, and focus on improved and innovative ways of keeping their business afloat while also easing employees' concerns to reduce stress during the national, and to some extent worldwide, lockdown.

**S**outh Africa is well on its way to opening sectors and workplaces, albeit with a stringent list of health and safety regulations and directives – businesses will now be operating in largely uncharted waters for some time to come.

From an employee's perspective this adds to the already high levels of stress and anxiety, as they will all be returning to an unrecognisable life, in many forums referred to as the 'new normal'.

Fears are now mainly about what the life post-Covid-19 will look like. In the workplace it could be emotionally draining, impeding creativity and innovation.

The future for both business and employment is unpredictable, but trends are emerging, and the more we can spot them, the better our chances are of securing our jobs, businesses and futures.

Businesses need to adjust and acknowledge the long-term effects of and changes Covid-19 will make in the workplace and adjust to thrive in these turbulent times. This may mean expanding product offerings, altering services and transforming physical-contact retail to online stores. The focus should mainly be on retaining and attracting customers post-Covid-19 by continuously exploring various marketing strategies, as they may



be ever-changing during this time of adjustment.

'I understand that it is hard for everyone, but one cannot give in to emotions ... we'll have to draw lessons from the current crisis and now we'll have to work on overcoming it.' Boris Yeltsin

The changes we are witnessing, although they have been sped up, were inevitable. We have been operating in a VUCA environment for some time: volatile, unstable, complex and ambiguous. The current pandemic may speed up the trend towards automation to eliminate human contact and minimise the spread of the coronavirus. The world may in many ways become 'hands-free' as delivery of products and services may, wherever possible, become contactless.

The workplace after Covid-19 will see an influx of talent as well as skills and abilities to work remotely. Soon we will be seeing a more agile workplace with headquarters, satellite offices and remote working options, all delivering a customised and high-quality user experience. This new way of working will be supported by the needs and insecurities of employees returning to the workplace, as they may feel uncomfortable working in close proximity to others in the fear of contracting the virus.

Covid-19 has to date made and will for the foreseeable future continue making people feel lonely, isolated and helpless, especially those who lost their jobs, businesses and loved ones. Added to this, the general uncertainty may create a heightened level of burnout and unease. Employers should therefore provide employees with the opportunity to develop new skills to balance professional and personal lives in the same space.

**Companies should focus on a leaner, more agile and operationally effective way of working to thrive in VUCA environments.**

Solving both the workplace and mental challenges of Covid-19 will be critical in the success and survival of businesses. All of this has a deep-seated impact on productivity, employee engagement and the ability to adapt to the changing environment and adversity. Understanding social connections formed between employees from shared experiences and opinions can unlock business success and greatly assist with new workforce structures.

Employers and employees alike are encouraged to turn these challenges into opportunities and rise to the occasion as well as possible.

Reference:

Chantell Gericke | Chartered HR Professional | SABPP 57408035 ■



# Values



## GROWTH

Committed to providing excellence and constantly exceeding previous efforts.



## STRIVE

We strive to be the supplier of choice, the market of choice, the employer of choice and the investment of choice.



## RENEW

Pro-actively committed to meeting the needs of our stakeholders without compromising the future of generations to come.



## SUSTAIN

A fresh outlook on business, underpinned by experience and knowledge.



## CONSERVE

We take responsibility to protect the environment in which we work, thereby conserving a legacy for the future.



## DEVELOP

Investing time, resources and knowledge in our youth, employees, clients and the communities in which we operate.

# Jou troeteldier

meer as net jou beste vriend



Deur Annica Venter

## Jou troeteldier – ongeag of dit 'n opgewonde Jack Russell of 'n lui boerboel is – hou meer voordele as net kameraadskap vir jou in.

**D**iere speel 'n belangrike rol – nie net in die bedryf van 'n boerdery nie, maar ook om die kwaliteit van die eienaar se lewenstandaard te bevoordeel. Navorsing toon dat persone wat 'n troeteldier besit, gesonder harte en minder allergieë het en minder depressief is, en dat troeteldiere 'n beduidende invloed op sosiale ondersteuning en verhoudings kan hê.

Mens-dier-interaksie is 'n breë term wat na enige interaksie of verhouding tussen 'n persoon en 'n dier verwys. Alhoewel mens en dier al sedert die begin van tyd saam geleef het, is die navorsingsveld oor die mens-dier-band relatief nuut en word hierdie band eers in die laaste paar dekades in diepte bestudeer. Volgens die Purdue Universiteit se veeartsenykollege word die band tussen mens en dier as belangrik geag en kan dit omskryf word as 'n wedersydse voordelige verhouding tussen mens en dier wat die gesondheid en welstand van beide beïnvloed.

Verskillende tipes interaksie tussen mens en dier sluit in troeteldiere, emosionele ondersteuningsdiere en dieregesteunde ingryping. Laasgenoemde sluit in opvoeding met diere met die doel om die opvoedkundige en

akademiese vaardighede van die deelnemer te verbeter, asook terapediere wat vir verskeie soorte behandeling gebruik word en aktiwiteite ondersteun met die deelname van 'n dier ten einde die lewensgehalte van die deelnemer te verbeter. Dienshonde (soos gidshonde) wat opgelei word om gestremde persone met sekere dag-tot-dagtake te help, val ook onder dienshulp-ondersteuning.

Diensdiere verskil van terapediere, aangesien diensdiere opgelei word om een spesifieke persoon by te staan in hulle daaglikse aktiwiteite, terwyl terapediere in 'n verskeidenheid omgewings ondersteuning bied.

'n Groeiende wetenskaplike veld handel oor die hulp wat diere in terapie en opvoeding bied, sowel as die voordele daaraan verbonde om 'n troeteldier te besit. In 2012 het die Nasionale Sentrum vir Biotegnologie-Inligting in die VSA 69 oorspronklike studies oor die sosiale en fisiologiese effekte van die mens-dier-verhouding ondersoek.

Alhoewel die oorsig verskeie effekte en gevolgtrekkings opgelewer het, kyk ons net na die volgende:

- Impak op fisiese gesondheid
- Impak op sosiale interaksie
- Verhoogde vertroue en groeiende empatie

### Impak op fisiese gesondheid

In 'n 2002-studie het die wetenskaplikes die hartklop en bloeddruk gemeet van mense wat 'n hond of kat besit vergeleke met mense wat nie 'n troeteldier besit nie.





Albei groepe is versoek om 'n wiskundetaak binne 'n sekere tyd te voltooi. Hulle het gevind dat die harttempo en bloeddruk van mense wat 'n troeteldier besit aan die begin van die eksperiment laer gemeet het. Hierdie groep mense het ook minder skielike verhogings in hulle hartklop gehad en hulle bloeddruk en hartklop het vinniger na normaal teruggekeer as dié van die vergelykingsgroep. Die eerste groep het ook minder foute in hulle wiskundetoets gemaak toe hulle troeteldier saam met hulle in die vertrek was. Hierdie bevindings het aangedui dat diegene wat 'n hond of kat besit, hulle risiko vir hartsiektes verlaag en beter in hulle toets presteer het, en oor die algemeen laer stresvlakke getoon het. Baie ander soortgelyke studies dui ook op dieselfde resultate.

#### Impak op sosiale interaksie

'n Groot aantal navorsers bestudeer die effek wat 'n vriendelike dier op die persepsie van 'n mens in sy sosiale omgewing en op sy gedrag het. Deur middel van baie studies is gevind dat 'n waarnemingsgroep wat te doen kry met 'n fasiliteerder waar 'n dier teenwoordig is, meer sosiale interaksie getoon het, vriendeliker was, meer geglimlag en mondelinge reaksies ontlok het vergeleke met 'n groep wat slegs met 'n fasiliteerder gewerk het. In een studie is 'n klaslokaal van graad 1-leerlinge getoets voor en ná 'n hond in die klaskamer ingebring is. Die studie toon dat nadat die hond in die klaskamer gebring is, die leerlinge toenemende aandag getoon het, beter skoolbywoning gehad het, minder aggressief opgetree het en beter sosiale integrasie gewys het. Die gevolgtrekking was dat kontak met 'n troeteldier sosiale interaksie by volwassenes sowel as kinders bevorder.

Studies van bejaardes in 'n verpleeginrigting het ook getoon dat 'n dierebesoekprogram tot afname in depressie lei, en dat gevoelens van eensaamheid verminder. Bejaarde inwoners het nie net 'n afname in depressie ervaar nie, maar ook 'n verbetering in lewensgehalte.

#### Verhoogde vertroue en empatie

Die navorsers het opgemerk dat die teenwoordigheid van 'n vriendelike dier die vertroue teenoor ander mense verhoog het. Tydens die studies het dit gewys dat die deelnemers meer geneig was om 'n sukkelende vreemdeling met 'n hond te help, vergeleke met 'n vreemdeling sonder 'n hond. Hierdie bevindings het tot die gevolgtrekking gelei dat die teenwoordigheid van 'n dier die persepsie en vertroue van 'n persoon bevorder.

Ontwikkeling van empatie by kinders is getoets. Vergeleke met die beheerklas – die klas sonder honde – het die klas met honde hoër getoets vir veldonafhanklikheid en empatie

teenoor diere. Veldonafhanklikheid identifiseer 'n aanduiding van empatie, aangesien dit die vermoë beoordeel om te onderskei tussen self en nie-self, wat 'n voorvereiste vir sensitiwiteit teenoor die behoeftes van ander is.

Kortom, die oorsig het tot die gevolgtrekkings gelei dat gereelde blootstelling aan diere tot verbeterde sosiale aandag, gedrag en verhoudings, die vermindering van angs en verlaging van stresverwante faktore soos bloeddruk en hartklop, en die verbetering van geestelike en fisiese gesondheid – veral kardiovaskulêre gesondheid – lei.

Beperkte studies en publikasies het bevind dat die volgende ook opvallend is: verbetering van die funksionering van die immuunstelsel, verbeterde pynbestuur, verminderde aggressie, verbeterde empatie en verbeterde leervaardigheid.

Ondanks die vele voordele van mense se verhouding met diere is nie alle mens-dier-verhoudings positief nie, aangesien nie alle dierespesies geskik is om in die nabye omgewing van mense te woon nie. Dit hang ook af van die verskillende kulture en hulle sienings, die betrokke spesies van diere sowel as die familiegeskiedenis van troeteldierbesit.

Dit is duidelik dat alhoewel 'n troeteldier kameraadskap verskaf, dit soveel meer voordele inhou as om bloot net 'n metgesel te wees. Dit kan moontlik help om gesondheid te verbeter – fisies en geestelik, hartsiektes te verminder, bloeddruk en hartklop te verlaag, en kinders met die ontwikkeling van empatie, sosiale interaksie en verhoudings te help. Dit kan help met angs en stresverwante faktore, aggressie en beter leervaardigheid. Op die ou einde gee 'n troeteldier onvoorwaardelike liefde en lojaliteit.

#### Verwysings

- [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)
- [www.center4research.org](http://www.center4research.org)
- [www.npr.org](http://www.npr.org)
- [www.purdue.edu](http://www.purdue.edu) ■



# Rottweiler

The Rottweiler was originally dogs bred to drive cattle to market. Later they were used to pull carts for butchers. They were among the earliest police dogs and serve with honor in the military.

Most important, they are popular family guardians and friends. Novice pet parents should beware, as these dogs are strong and intense. They need experienced care and training. Consistent, energetic pet parents will find a loving, faithful, and intelligent friend for life in a Rottie!

**Dog Breed Group**  
Working Dog

**Height**  
59 - 68 cm

**Weight**  
38 - 58 Kg

**Life Span**  
8 - 11 Years

## Physical Needs

- Energy level 🐾🐾🐾🐾
- Intensity 🐾🐾🐾🐾
- Exercise needs 🐾🐾🐾🐾
- Playfulness 🐾🐾🐾🐾🐾

## Friendliness

- Affectionate with family 🐾🐾🐾🐾🐾
- Kid-friendly 🐾🐾🐾🐾
- Dog-friendly 🐾🐾
- Friendly towards strangers 🐾🐾🐾🐾

## Trainability

- Easy to train 🐾🐾🐾🐾
- Intelligence 🐾🐾🐾🐾🐾
- Potential for mouthiness 🐾🐾🐾
- Prey drive 🐾🐾🐾🐾
- Tendency to bark/howl 🐾🐾🐾🐾



# Rottweiler Highlights

- 🐾 Rottweilers are large, powerful dogs and require extensive socialization and training from early puppyhood.
- 🐾 Even if you train and socialize your Rottweiler, expect to be subjected to sometimes unfair advance judgments about your dog, maybe even having untrue allegations made about him and his activities, by those who fear him.
- 🐾 Because of the current prejudice against dogs such as Rottweilers and claims that they can be dangerous, you may have to carry extra liability insurance to own one, depending upon the ordinances in your town. In some areas, you may not even be able to own a Rottweiler, or may be forced to give up any that you have.
- 🐾 Rottweilers love people and want to be with their families. If they are left alone for long periods of time or don't receive adequate exercise, they may become destructive.
- 🐾 If raised with children, well-bred Rottweilers get along fine with them. They must be taught, however, what is acceptable behavior with children. Rotties have a natural instinct to herd and may "bump" children to herd them. Because of their size, this "bump" may cause toddlers to fall down and injure themselves. In addition, some Rottweilers have a strong prey drive and may get overly excited when children run and play. Always supervise your Rottweiler when he's around children.
- 🐾 If you have an adult Rottweiler, introduce new animals, especially dogs, carefully. Rottweilers can be aggressive toward strange dogs, particularly those of the same sex. Under your leadership, however, your Rottie will probably learn to coexist peacefully with his new companion.
- 🐾 Rottweilers are intelligent and are highly trainable if you're firm and consistent.
- 🐾 Rottweilers will test you to see if you really mean what you say. Be specific in what you ask, and don't leave any loopholes for them to exploit.
- 🐾 Rottweilers require a couple of 10- to 20-minute walks or playtimes daily.
- 🐾 Rottweilers have a double coat and shed heavily in the spring and the fall, moderately throughout the rest of the year. Many Rottweilers snore.
- 🐾 If their food intake is not monitored, Rotties have a tendency to overeat and can gain weight.
- 🐾 To get a healthy dog, never buy a puppy from an irresponsible breeder, puppy mill, or pet store. Look for a reputable breeder who tests her breeding dogs to make sure they're free of genetic diseases that they might pass onto the puppies, and that they have sound temperaments.

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# DIE VOOR TREKKER MONU- MENT

## TREKROETES EN TUINE

*Deur Estelle Pretorius, Senior Navorsers, Die Erfenisstigting*

**N**adat die Voortrekkermonument op 16 Desember 1949 ingewy is, was Monumentkoppie vaal en bar. Vandag is die omgewing 'n lushof van inheemse bome en plante – veral danksy pogings van die toentertydse beheerraad om die gebied met rotstuine, plante en bome te verfraai. Die rotstuine wat aanvanklik om die monument uitgelê is, het onnatuurlik voorgekom en die beheerraad het besluit om GJ Retief as rotstuintouwer aan te stel om nuwe rotstuine uit te lê en geskikte plante en bome aan te plant. In 1953 het die Minister van Bosbou toestemming verleen vir die kostelose voorsiening van verweerde klip vir die rotstuine om die monument. Die klip is op die bosbouterrein naby die Fonteyn gaan haal.



*Rotstuine en plante langs die Monument, 1969*

Die Onderwyskollege van Pretoria het onderneem om 'n voorstelling van die Voortrekkers se vyf grootste trekroetes in die tuin oos van die monument uit te lê en het 'n reliëfkaart van die terrein saamgestel. Die Onderwyskollege het die leiding met die projek geneem, onder die vaandel van die "Jeug van Pretoria". Die uitkap van die paadjies was teen Desember 1957 reeds aan die gang, maar die proses het gesloer weens 'n gebrek aan nuwe werkers.

Ten 1959 was die projek nog nie afgehandel nie, maar op 15 Desember het minister PO Sauer 'n amptelike besoek aan die monument gebring en 'n boom by die beginpunt van die Retief-trekroete (Grahamstad) geplant. Daar is besluit om 'n ander kleur klip vir die vyfde trekroete te gebruik en dat daar ooreengekom moet word oor die soort plante wat by elke roete aangeplant moet word. Daar is verder besluit om langs die trekroetes 'n replika van 'n ou fortjie by Ohrigstad, 'n hartbeeshuisie, asook 'n paar Zulu-hutte by die bestaande hut op te rig. Die klip vir die vyfde trekroete is by Leeufontein naby Pienaarsrivier gekry.



*Trekroetes uitgelê oos van die Monument met die Amfiteater op die agtergrond, ca 1956*

Die studente wat met die uitlê van die trekroetes sou help, sou ook help om 'n paar Zulu-hutte te bou, maar teen April 1959 het hulle nog niks uitgerig nie. Die eerste hut is op die Piet Retief-roete gebou. In November 1961 het die superintendent verslag gedoen dat twee kleiner Zulu-hutte gebou is en het verlof gevra om vier groot nabome om die hutte te plant. Drie maande later rapporteer hy dat die terrein om die drie Zulu-hutte verder ontwikkel en gedeeltelik beplant is. Die trekroetes is in 1963 voltooi.

Die Retief-trekroete is 'n blou leiklippaadjie wat by Grahamstad begin, aangedui deur 'n klein klipkoppie, en beplant met plante



uit die Grahamstad-omgewing. Dit lei oor die Stormberge, deur die Oranje- en Caledonrivier, verby Thaba Nchu en Winburg, oos na Kerkenberg, af by Oliviershoekpas tot by Dingane se stad.



'n Voorstelling op die trekroetes van die waaier by Bloedrivier, 1969

Die Louis Trichardt-trekroete is 'n geel leiklippaadjie. Dit begin by Tsomo aan die Keirivier en beweeg weswaarts; daarna noordwaarts oor die Stormberge deur die Oranje- en Caledonrivier, verby Thaba Nchu, deur die Vaalrivier, oor die Soutpansberg, oor die Drakensberge ooswaarts; oor die Lebomboberge, deur die Komatirivier tot by Lourenço Marques (nou Maputo).

Die Potgieter-trekroete is 'n rooi klippaadjie wat begin by Tarka en verby Colesberg ooswaarts na Thaba Nchu en Winburg,

noordwes in die rigting van die huidige Potchefstroom, na die Magaliesberg, ooswaarts deur die Olifantsrivier, Ohrigstad, die Olifantsrivier, die Strydpoortberge en Schoemansdal beweeg. Die beplande hartbeeshuisie en fortjie met kleimure by Ohrigstad is nooit gebou nie. Die Uys-trek is 'n rooi granietklippaadjie. Dit begin by Uitenhage, beweeg dan na Grahamstad en volg dan Retief se roete. Die Maritz-trekroete is 'n blou granietklippaadjie. Dit begin by Graaff-Reinet, beweeg na Thaba Nchu en Winburg, noordwaarts oor die Vaalrivier, deur De Beerspas, en suidoois tot by Klein-Tugela in Natal.



Die Retief-trekroete

In Maart 1961 het dr. Nicol, voorsitter van die beheerraad, 'n grootse onderneming met betrekking tot die verfraaiing van die

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trekroetes van stapel gestuur. Hy het 'n omsendbrief opgestel met 'n verduideliking van wat die projek behels en die opvoedkundige aspek daarvan beklemtoon: "Die Monument bly nog steeds 'n groot aantreklikheid, sowel vir Unieburgers as vir oorsese besoekers.

Maandeliks word die Monument gemiddeld deur 7 000 persone besoek, waarvan 5 000 betaal vir toegang na die Museum." Hy het dit aan al die burgemeesters van die dorpe waardeur die Voortrekkers getrek het, gestuur met 'n versoek om ongeveer 20 plante uit hulle omgewing aan die monument se superintendent te stuur, sodat dit by die betrokke plekke op die trekpaadjies geplant kon word. 'n Lys van plante, vetplante en struik, asook 'n foto en kaart van die trekroetes is ingesluit.

Die reaksie was oorweldigend. Plante is hoofsaaklik met goederetreine gestuur uit plekke soos Rustenburg, Durban, Pietermaritzburg, Uitenhage, Thaba Nchu, Graaff-Reinet en die Strydpoort-omgewing. Van Upington af is onder meer kokerbome, aalwyne en plakkies gestuur, aalwyne het uit Grahamstad gekom, en aalwyne en broodbome uit Queenstown. Die Suid-Afrikaanse Aalwyn- en Vetplantvereniging van Pretoria het ook mildelik bygedra.

Ds. PP Stander van Dingaanstat Sendingstasie het 'n interessante boom gestuur en geskryf: "Die boompie is 'n Isigwacabagwacaba. Dit het groot blare, rooi blomme en rooi boontjies. Dit groei teen die hange van die heuwels. Die aalwyn wat ek gestuur het, is 'n Zulu Kokerboom."

In 1956 is vetplante afkomstig van Lydenburg en Bonnievale geplant. Vroeg in 1957 rapporteer die superintendent dat 'n sekere mnr. Mann aanbeveel het dat inheemse bome soos die volgende geskik is om in die omgewing van die Amfiteater te plant: wistinkhout, basterkaree, witsering, blinkblaar, huilboerboon en vaderlandswilger.

In sy verslag later die jaar meld hy dat 120 gate vir bome in die sierlaan gegrawe is en dat geelhout- en wistinkhoutbome in twee dubbelrye geplant is. In 1959 het luitenant MS Kitching 'n



Die Zoeloehut in die natuurskoon van die trekroetes, 2020

klomp vetplante aan die monument gestuur. Hy het dit met die toestemming van die eienaar van Letskraal, distrik Graaff-Reinet, versamel. Hierdie plaas het oorspronklik aan die Voortrekkerleier Andries Pretorius behoort.

Mnr. Danie Hough, administrateur van Transvaal, het op 14 Julie 1992 aangekondig dat die 241 hektaar om die monument tot 'n unieke natuurreservaat geproklameer is. Op Vrydag 25 Junie 1993 is die eerste wild in die natuurreservaat losgelaat, naamlik sebras en blesbokke.

By daardie geleentheid het mnr. Hough verklaar dat sebras, blesbokke en rooiribbokke later ook in die reservaat gevestig sal word, omdat hulle maklik by die habitat sal aanpas. Enkele van die wildsoorte wat tans hier voorkom, is rooibokke, blesbokke, rooiribbokke, springbokke, duikers, sebras, jakkalse, witkasmuishonde, swartkasmuishonde, muskeljaatkatte, rooikatte, dassies en swartwildebeeste.

'n Meer onlangse toevoeging tot die tuine is die wandelpad aan die westekant van die monument, wat dit met die Erfenisentrum verbind. Al langs die paadjie is sitplekke aangebring,



Die wandelpad wes van die Monument

en tien Afrikaanse natuurgedigte wat op granietpanele gedruk is. Besoekers is welkom om hierdie buitengewone besienswaardighede te kom besoek! ■



## The South African Protection of Personal Information Act 4 of 2013 and the European Nations General Data Protection Regulations

By JH Eugéné Joubert // CP(Int) CMP(Int) MCE(USA) M.Inst.D FICM(SA & UK)

**The Protection of Personal Information Act 4 of 2013 (POPIA) is a South African domestic law. Essentially, the purpose of POPIA is to protect people, both individuals and businesses, from harm by protecting their personal information. It is intended to stop their money being stolen, stop their identity being stolen, and generally protect their privacy, which is a fundamental human right.**

The General Data Protection Regulation (GDPR) is the binding law that has regulated data protection across the European Union (EU) since 2018. The GDPR has extraterritorial application and regulates the transfer of personal information. Unlike in South Africa, this applies only to individuals, and to third countries outside the EU. Practically, this may require organisations based outside the EU to ensure compliance with the GDPR if they want to do business in the EU with EU citizens.

### POPIA

As a general position, POPIA applies to the processing of personal information entered in a record by or for a responsible party who is domiciled in South Africa.

However, POPIA may also apply to a responsible party not domiciled in South Africa, with that responsible party making use of automated or non-automated means in South Africa. POPIA also provides for certain exclusions and exemptions, including for purely personal or household activities, for personal information that has been de-identified and that cannot be reidentified, or for journalistic, literary or artistic purposes.

POPIA is the comprehensive data protection legislation enacted in South Africa and aims to give effect to the constitutional right to privacy, while balancing this against competing rights and interests, particularly the right of access to information. POPIA was signed into law in November 2013, and by proclamation has been in full force from June 2020.

POPIA involves three parties (they can be natural or juristic persons):

- The data subject: the person to whom the information relates. It can be a natural person or a legal entity. In short, the 'owner' of the data.
- The responsible party: the person who determines why and how to process the data. In short, the party you give your information to.
- The operator: a person who processes personal information on

behalf of the responsible party. In short, the person who does something with the data on behalf of the person you gave your data to.

Example: John (data subject) applies for a loan from ABC Bank (responsible party), and ABC gives John's data to a credit bureau (operator) to do a credit score.

POPIA sets out eight conditions for the lawful processing of personal information:

- Condition 1: Accountability: the responsible party must ensure that the conditions for the lawful processing of personal information are complied with at the time of determining the purpose and means of the processing, and during the processing itself.
- Condition 2: Processing limitation: personal information must be processed lawfully and in a reasonable manner, and only if it is adequate, relevant and not excessive, given the purpose for which it is processed.
- Condition 3: Purpose specification: personal information must be collected for a specific, explicitly defined and lawful purpose relating to a function or activity of the responsible party, and should not be retained for longer than is necessary to achieve that purpose.
- Condition 4: Further processing limitation: further processing of personal information should be compatible with the purpose for which it was collected.
- Condition 5: Information quality: the responsible party is required to take steps to ensure that the personal information is complete, accurate, not misleading and updated where necessary.
- Condition 6: Openness: the responsible party is required to take reasonably practicable steps to ensure that the data subject is aware of, among other things, what personal information is being collected, the source of the information, the purpose for which it is being collected, and the name and address of the responsible party.

- Condition 7: Security safeguards: the responsible party is required to secure the integrity and confidentiality of personal information in its possession or under its control by taking appropriate and reasonable technical and organisational measures, having regard to generally accepted information security practices and procedures.
- Condition 8: Data subject participation: a data subject has a right to request a responsible party to confirm whether personal information is held about the data subject, and be provided with the record or a description of the information held. A data subject may further request a responsible party to correct or delete personal information about the data subject that is inaccurate, irrelevant, excessive, out of date, incomplete or misleading or was obtained unlawfully.

**GDPR**

While POPIA is substantially similar to the GDPR, it is not identical. Importantly, the GDPR includes certain key protections that are not contained in POPIA.

These include:

- Consent: The GDPR contains stronger, clearer conditions for consent. It expressly requires that consent must be freely given, and be presented in a manner that is clearly distinguishable from other matters, in an easily accessible form, using clear and plain language.
- Right of access by data subjects: The GDPR includes

enhanced access rights for data subjects, including that in circumstances in which personal information is transferred to a third country outside the EU, the data subject has the right to be informed of the appropriate safeguards relating to the transfer.

- Right to erasure/right to be forgotten: The GDPR more expressly defines the ambit of the right to erasure (also known as 'the right to be forgotten'), including the steps to be taken to give effect to the right and the balance to be taken into account with, for instance, the right to freedom of expression and information.
- Data portability: The GDPR introduces data portability, which relates to the right of a data subject to receive the personal information that they have provided in a structured, commonly used and machine-readable format, and the data subject's right to transmit that information to another data controller.
- Privacy by design: The GDPR includes privacy by design as an express legal requirement, which requires appropriate organisational and technical measures to be implemented both at the time of the determination of the means of processing and at the time of the processing itself. These measures must be designed to implement data protection principles in an effective manner, and to integrate the necessary safeguards and protect the rights of data subjects.

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## KOSTES WAT GEDEK MOET WORD DEUR JOU GELIEFDES NA JOU

# *begraving*

Deur Johann Roodt, Voldoeningsbeampte

**Om 'n geliefde aan die dood af te staan, kan nie net duur wees nie, maar geliefdes wat agterbly, kan moontlik verder met kontanttekorte opgesaal word as gevolg van onbeplande koste gedurende 'n tyd van rou en aanpassing by veranderende omstandighede.**

**D**it is belangrik om te verstaan dat koste geklassifiseer kan word. Eerstens kan dit geklassifiseer word as administrasiekoste, wat ontstaan na afsterwe en meestal in kontant betaalbaar is. Tweedens word dit geklassifiseer as eise teen die bestorwe boedel – dit beteken die koste waarvoor die oorledene voor afsterwe aanspreeklik was.

Hieronder word 'n paar voorbeelde van koste uiteengesit wat in ag geneem moet word wanneer iemand in Suid-Afrika sterf:

1. Administrasiekoste
2. Waardasiekoste van bates vir boedelbelastingdoeleindes
3. Advertensiekoste
4. Koste vir voorsiening van sekuriteit aan die Meester
5. Oordragkoste van vaste eiendom aan 'n erfgenaam
6. Inkomstebelasting en belasting betaalbaar aan die plaaslike owerheid
7. Begrafnikoste, wat tussen R6 000 en R50 000 of meer kan wees

Dit is dus belangrik dat daar genoeg kontant in 'n boedel moet wees om geliefdes te help met uitgawes en kontraktuele verpligtinge soos huurbetalings, terugbetalings van verbandlenings, mediese fondspremies en enige ander onmiddellike uitgawes verwant aan afsterwe. Toegang tot kontant is daarom noodsaaklik. Boedels kan egter maande en soms jare neem om beredder te word, terwyl die boedel nie intussen maandelikse uitgawes sal of kan betaal nie. Om hierdie rede is dit ook belangrik om 'n geldige testament te hê, aangesien dit die boedelberedderingsproses kan versnel en potensiële hindernisse kan verminder. Verder kan dit geliefdes toegang gee tot kapitaal totdat die boedel afgehandel is.

Die bereddering van 'n boedel is 'n ingewikkelde administrasieproses. 'n Professionele persoon kan as eksekuteur aangestel word om onder andere die finansiële posisie van die boedel te bepaal en te besluit of daar genoeg kontant is om al die administrasiekoste en eise teen die bestorwe boedel te dek. 'n Eksekuteur kan egter tot 3,5% plus BTW van die totale waarde van die boedel vra om hierdie werk te onderneem.

Die eksekuteur sal ook moet bepaal of kapitaalwinstbelasting en/of boedelbelasting betaalbaar is. Kapitaalwinstbelasting word gehef op enige kapitaalwinst wat gemaak word met die verkoop (hetsy deur verkoop, skenking of onteiening) van 'n bate (by afsterwe word daar geag dat bates verkoop is). Dan is daar die boedelbelasting – die belasting wat op die boedel van die oorledene betaalbaar is. Geliefdes van die oorledene sal die las van hierdie addisionele belasting, sowel as enige verdere regskoste moet dra indien daar nie genoeg kontant in die boedel hiervoor beskikbaar is nie.

Jy mag miskien van mening wees dat jy nie genoegsame bates of kapitaal het om die opstel van 'n testament te regverdig nie, maar selfs net 'n paar duisend rand in jou bankrekening word as 'n boedel beskou. Wanneer 'n boedel egter insolvent is, kan die krediteure besluit om die boedel formeel oor te gee, waarna dit ingevolge die Insolvensiewet geadministreer word.

Die meeste van hierdie koste en fooie is onafwendbaar en daar is kostedoeltreffende oplossings beskikbaar wat hierdie onvoorsiene en onafwendbare koste kan dek waar daar nie 'n groot genoeg noodfondse daarvoor beskikbaar is nie. Die onkoste staak nie onmiddellik na die begraving nie, maar daar kan verseker word dat geliefdes in staat is om hierdie onbeplande koste te kan dek. ■







# BASJAN SE BOOMHUIS

## Die Skrikkermans

Kinderstorie deur Jaco Jacobs  
Illustrasies deur Johann Strauss

Op Basjan-hulle se plaas is 'n boom.

'n Groot ou boom met digte blare.

Dis die perfekte boom om kaalvoet in rond te klouter.

En in hierdie boom is Basjan se boomhuis.

Basjan se boomhuis is die beste plek op aarde om te speel, skatte weg te steek, te dagdroom, planne te maak ... of weg te kruip as Ma jou roep om huiswerk te kom doen!

Dit is 'n Saterdagoggend. Basjan en die tweeling kuier in die boomhuis. Die tweeling se name is Nandi en Neville. Hulle pa boer op die buurplaas. Dit is glad nie ver nie – die tweeling kom kuier amper elke dag by Basjan in sy boomhuis.

Die lug ruik vanoggend na vrugtebloeisels en vars omgeploegde grond, en die boom spog met 'n baadjie van splinternuwe groen lenteblore.

Nandi is besig. Sy maak 'n windklokkie. Sy het stukkies pyp, krale, klokkies en klippies saamgebring, en sy ryg dit aan stukkies vislyn. Basjan en Neville sit en kyk hoe sy werk.

“'n Windklokkie is simpel,” brom Neville en frommel sy neus. “Hoekom moet ons 'n windklokkie in die boomhuis hê?”

Nandi rol haar oë. “'n Windklokkie maak musiek as die wind daardeur waai,” sê sy. “En dit sal mooi lyk hier in die boomhuis.”

Basjan en Neville kyk vir mekaar en trek hulle skouers op. Vir hulle lyk die boomhuis al klaar mooi, nes dit is, en die voëls wat kwetter in die boom, klink ook mos soos musiek.

“Ek is verveeld,” kla Basjan.

“Hier's niks om te doen nie,” sug Neville.

Basjan se mak muishond, Strepies, gee 'n groot muishondgaap. Dit lyk of hy ook verveeld is.

Nandi hou op werk aan die windklokkie en gluur Basjan en Neville aan. "My ouma sê altyd, as mens op 'n plaas bly, mag jy nooit, ooit verveeld wees nie."

Neville snork. "Ouma sê ook altyd as mens waatlemoenpitte insluk, gaan daar waatlemoenranke by jou ore begin uitgroeï. En as jy te veel TV kyk, gaan jou oë vierkantig word. En kougom laat mens se derms knoop."

"Dis waar van die kougom," sê Nandi.

"Is nie!" stry Neville.

"Is!"

Basjan kan nie help om te lag nie. Nandi en Neville is nou wel 'n tweeling, maar hulle kan darem vreeslik lekker stry.

"Nandi is reg," sê Basjan.

"Wat?" vra Neville verbaas. "Laat kougom regtig mens se derms knoop?"

"Nee, ek bedoel, sy's reg oor verveeld wees," sê Basjan. "Kom ons gaan soek iets om te doen. Nandi, jy kan mos later jou windklokkie klaarmaak." Hy klouter ondertoe voor die tweeling verder kan stry.

Dis 'n lekker sonnige oggend. Op die lande dreun die masjiene soos Basjan se pa-hulle besig is om te plant.

Basjan se ousus, Karlien, is ook buite in die tuin. Sy dra 'n hoed en tuinhandskoene, en in haar hand is 'n gieter.

"Wat doen jy, Karlien?" vra Basjan.

"Ek gooi my plantjies nat en trek onkruid uit." Sy beduie na die rye groen plantjies wat bo die grond begin uitloer. "Kyk, my sonneblomme is besig om op te kom! Vanjaar gaan ek sonneblomruikers maak en by die skool se markdag verkoop!"

"Kan ons jou help tuinmaak?" vra Basjan. "Ons is verveeld."

Karliën skud haar kop. "Nee wat, ek is amper klaar, Basjan. Hou eerder vir Strepies weg van my plantjies af. Netnou grawe hy dit uit."

Strepies kyk op toe hy sy naam hoor. Hy lyk vreeslik onskuldig – soos die soort muishond wat nooit, ooit eens daaraan sal dink om plantjies uit te grawe nie.

Basjan-hulle stap verder. Toe hulle by die kombuisdeur verbystap, steek Basjan in sy spore vas. Die heerlikste reuke kom by die oop deur uitgesweef.

**Gorrr!**

Basjan se maag grom. Strepies snuif-snuif ook verlangend in die lug.

Basjan se ma loer by die kombuisdeur uit. "Hallo, julle drie." Sy het haar voorskoot aan. In haar hand is 'n oondpan.

Basjan se mond begin water.

"Bak Mamma koekies?" vra hy. "Kan ons help? Ons is verveeld."

Mamma glimlag. "Jip. Sjokoladekoekies. Maar ek is nou kant en klaar."



“Mag ons daarvan kry?” vra Basjan.

Mamma knik. “Julle mag. Maar dis nog baie warm. Gee so 'n halfuur kans. Ek sit dit hier voor die venster om af te koel.”

Basjan sug. 'n Halfuur is sommer baie lank as mens lus het vir sjokoladekoekies!

Hulle stap verder. Strepies hardloop stert-in-die-lug vooruit, asof hy ook kliphard soek na iets om te doen.

Toe hulle by die plaasdam kom, maak Basjan, Neville en Nandi beurte om klippies oor die water te laat skaats. Hulle kyk wie 'n klippie die meeste keer op die water kan laat wip voordat dit sink. Met die eerste probeerslag sink Neville se klip PLOEMPS! in die water.

Basjan en Nandi lag.

**Kraaa! Kraaa!** krys 'n swart-en-wit voël bo in die boom, asof sy saamlag.

“Wag maar,” brom Neville. “Met my volgende probeerslag gaan ek julle wys.”

Die speletjie raak later vervelig – en Nandi en Neville begin stry oor wie die wenner is.

Hulle stap kraal toe en gaan speel 'n rukkie lank met die boklammertjies. Die ma-bok hou nie daarvan dat Strepies naby haar lammers kom nie. Sy stamp met haar horings na hom.

Skielik is daar 'n gil iewers op die plaaswerf.

**“Aaaaaa!”**

Basjan se oë rek. Dit klink soos Karlien! Hy en die tweeling hardloop vinnig terug huis toe.

Karliën staan in haar blomtuin. Haar arms is voor haar bors gevou en sy gluur Basjan vies aan. “Was Strepies in my blomtuin?” vra sy.

Basjan frons. “Nee!” sê hy. “Strepies was die hele tyd by ons.”



“Nou wie het dan my sonneblomplantjies uitgetrek?” vra Karlien. Sy kyk agterdogtig na Strepies.

Waar die sonneblomplantjies netnou nog in netjiese rye gestaan het, is daar nou 'n hele paar leë gaatjies in die akker. Party plantjies lê op die grond en ander is sommer heeltewel weg.

Strepies is regtig onskuldig, maar Basjan is nie seker of sy ousus hom glo nie.

Skielik is daar nog 'n harde gil.

**“Aaaaaa!”**

Dit klink of dit uit die rigting van die agterdeur kom. Basjan-hulle hardloop nader.

Basjan se ma staan by die kombuisvenster. Hande in die sye kyk sy na Basjan en die tweeling. “Het julle van die koekies gevat?” vra sy. “Ek het dan gesê julle moet wag.”

Basjan se mond val oop. “Nee!” sê hy. “Ons was die heelyd buite. Ons was nie naby die koekies nie.”

“Nou wie het dan 'n klomp van die koekies gegaps?” vra sy.

Waar die koekies netnou nog in netjiese rye uitgepak was, is daar nou 'n hele paar leë plekke op die bakplaat.

“Dit was nie ons nie, regtig,” sê Basjan.

Sy ma sug. Hy en Nandi en Neville is regtig onskuldig, maar Basjan is nie seker of sy ma hom glo nie.

Die drie maats stap terug na die groot ou boom in die tuin en klouter op tot in die boomhuis.

**“Aaaaaa!”**

Basjan wip soos hy skrik.

Dié keer is dit Nandi wat so gil!





“Waar is my windklokkie?” vra sy. “Ek het dit net hier op die houtkis gelos.”

Basjan kyk verbaas in die boomhuis rond. Hy loer af grond toe. Nêrens is enige teken van die windklokkie nie.

**Kraaa! Kraaa!**

'n Swart-en-wit voël vlieg naby die boom verby. Basjan se oë trek op skrefies. Is dit sy verbeelding, of sien hy iets in die voël se snawel blink? Die voël vlieg weg in die rigting van die plaasdam.

Basjan byt ingedagte op sy onderlip. “Ek dink ek weet presies wat aangaan,” sê hy.

Nandi en Neville kyk verbaas na hom. Basjan voel soos 'n speurder in 'n storieboek. “Kom saam,” sê hy.

Hy klouter weer af, en draf weg in die rigting van die plaasdam. Nandi en Neville draf agter hom aan. Dit lyk of hulle nie die vaagste benul het wat aangaan nie.

By die plaasdam gekom, gaan staan Basjan onder die groot ou boom. Hy kyk op.

**Kraaa! Kraaa!**

Die swart-en-wit voël sit op 'n hoë tak. Die boom is baie hoog.

“Help my op,” sê Basjan vir Neville en Nandi.

Hulle help hom op sodat hy die eerste tak kan bykom. Daarvandaan begin hy boontoe klouter. Gelukkig is Basjan 'n baie goeie boomklimmer. Toe hy naby die voël kom, vlieg sy verskrik op.

**Kraaa! Kraaa!**

Dit klink of die voël met Basjan raas. In 'n groot mik van die boom sien Basjan 'n bondel takkies, vere en gras. Dis 'n nes!

Basjan skuifel voetjie vir voetjie tot by die nes. Hy glimlag toe hy sien wat in die middel van die nes lê. Vier eiers – en 'n blink windklokkie! Versigtig haal Basjan die klokkie uit, sonder om aan die eiers te raak.

“Ek het die dief gekry,” sê hy. “En ek het pas 'n goeie plan ook gekry ...”

Die res van die oggend is Basjan, Nandi en Neville druk besig. Hulle gaan haal twee ou besemstokke, 'n leë voersak en arms vol kaf uit die skuur. Nandi grawe in die houtkis bo in die boomhuis rond en kry 'n klomp van die ou klere uit wat hulle partykeer gebruik as hulle seerowers speel of konsert hou. Daarna spring hulle aan die werk. Hulle meet en knip, ryg vislyn en bind kaf in bondels vas.

Toe dit tyd is vir middagete, hoor Basjan sy ma roep.

“Basjan! Nandi! Neville! Kom kry vir julle melk en toebroodjies.”



Sy ma kom uit die huis gestap. Toe sy buite op die stoep kom, steek sy verbaas in haar spore vas.

“Wat is dit?” vra sy, en beduie na die man met die hoed en die vrou met die bont kopdoek wat in die tuin staan.

“Nie wat nie,” sê Basjan. “Wie. Dit is meneer en mevrou Skrikkerman.”

Karliën kom ook uit die huis gestap.

“Voëlverskrikkers?” vra sy verbaas.

Basjan knik trots.

Op daardie oomblik kom 'n swart-en-wit voël nader gevlieg.

**Kraaa! Kraaa!**

Die voël land op die skuur se dak.

“'n Witborskraai,” sê Basjan.

Die kraai draai haar kop skeef. Sy loer met haar swart kraalogies na meneer en mevrou Skrikkerman. Dan vlieg sy op en kies koers terug dam toe.

“Die kraai het 'n nes by die plaasdam,” verduidelik Basjan. “Dis sy wat jou sonneblomplantjies uitgetrek het, Karliën. En ek dink dis sy wat die koekies uit die vensterbank gegaps het.”

Basjan se ma lyk verbaas. “Jy's reg, Basjan. Kraaie is slim diewe. Ek beter van nou af die kombuisvenster toehou.”

“Maar wat van my plantjies?” vra Karliën.

Basjan glimlag. “Toemaar, meneer en mevrou Skrikkerman sal jou plantjies oppas!”

Karliën buk en vryf oor Strepies se kop. “Jammer ek het gedink dit was jy wat my plantjies uitgegrawe het,” sê sy.

“Dit was 'n baie slim plan, julle drie,” sê Basjan se ma. “Baie dankie.”

Basjan grinnik. “Wel ... ek weet van 'n baie goeie manier om dankie te sê. Hoe lyk dit met 'n paar van daardie sjokoladekoekies vir nagereg?”

“En sommer 'n paar ekstra ook,” voeg Neville by. “Vir meneer en mevrou Skrikkerman!”





# Grappjas

Wat kry jy as 'n koei 'n skildery opvreet?

Kunsmis

Wat is die verskil tussen 'n haan en 'n kraai?

'n Haan kan kraai, maar 'n kraai kan nie haan nie.

Waaroor gesels voëlverskrikkers?

Hulle praat sommer net strooi.



## Did you know?

Some crows living in busy cities in Japan have learned how traffic lights work. The crows drop nuts right in the middle of busy intersections and wait for the passing cars to smash the hard shells so that they can eat the insides.

This is a clever trick – but also quite dangerous. However, the crows have learned to wait for the traffic lights to turn red before swooping down to eat the tasty morsels.



## Fun facts about crows

- Crows are very intelligent birds. Some even learn to mimic human words, just like parrots do. They can also solve complex puzzles and use tools.
- Crows, ravens, jays and magpies are all members of the same bird family which are called "corvids".
- A flock of crows is sometimes called a "murder".
- In books and movies, we often see crows and ravens stealing shiny objects. However, researchers have found very little evidence that these birds are actually attracted to shiny objects such as coins or jewellery.
- Crows can remember human faces.









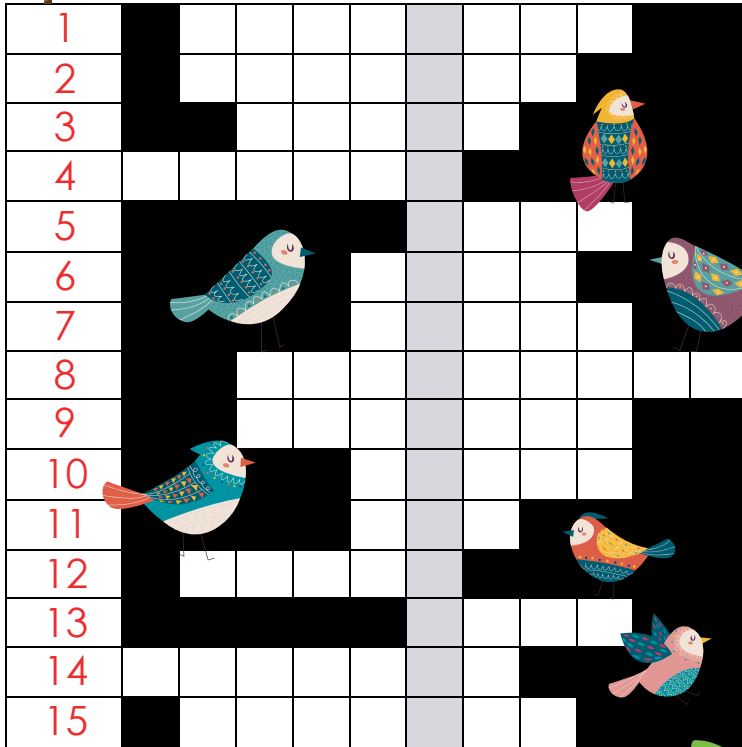
# Het jy geweet?

In 1989 het 'n Kanadese gesin en hul helpers 'n reusagtige voëlverskrikker gebou wat die rekordboeke gehaal het. Dié bielie genaamd Stretch II hou die Guinness-wêreldrekord vir die grootste voëlverskrikker ooit. Hy was 'n allemintige 31,56 meter hoog!



## Vir die voëls

Kan jy die voëlblokkraaisel voltooi? Vra Mamma of Pappa om te help as jy sukkel. As jy al die antwoorde (dwars) reg invul, sal daar 'n woord in die grys kolom verskyn.



1. Voëltjie wat 'n hangende nes van gras of riet vleg. Die mannetjie is heldergeel-en-swart en die wyfie se vere is vaal.
2. Kaalnekvoël wat die oorblyfsels van dooie diere vreet.
3. Watervoël met 'n lang nek en bene wat vis, krappe, paddas en ander waterdiere vreet. (Sy naam word dieselfde van voor en van agter geskryf.)
4. 'n Voël se bek word so genoem.
5. Dit hou voëls warm.
6. Watervoël met 'n plat snawel. (Mickey en Minnie se vriend Donald is een.)
7. Hoenderhaan se oggendroep (of 'n slim voël met swart vere)
8. Die grootste voël op aarde
9. Dié voël se Engelse naam is dieselfde as die Engelse naam van Turkye.
10. Groot soort roofvoël
11. Roofvoël met groot oë wat snags jag
12. Geluid wat 'n eend maak
13. Geluid wat 'n duif maak
14. Mak plaasvoëls wat eiers vir jou ontbyt lê
15. Kouvoëltjie wat mooi kan sing (Looney Tunes se Tweety is een)



## Radi-Radi

So groen soos gras, so wit soos was, so rooi soos bloed, so suikersoet! Wat is ek?

n Waatlemoen

How do you know crows are smarter than chickens?

Ever heard of Kentucky Fried Crow?

What do you call birds that always stick together?

Vel-crows!

Why did the scarecrow refuse a second helping at dinner?

He was already stuffed.

# Die Christus-draer

## 'N LEGENDE

*Deur Hester Heese // Goue Fluif My Storie Is Uit Verhale, verse en raaisels*

Op 'n stormagtige nag sit 'n veerman in sy houthuisie op die wal van 'n rivier. Sy kaggelvuur vlam rooi en laat skaduwees teen die mure dans. Die wind ruk aan die vensters en deure van die huisie, en tier om die hoeke. "Op so 'n onweersnag sal niemand tog oor die onstuimige water wil vaar nie," dink die veerman. "Wie sal dit nou op so 'n nag buite waag?"

Hy voel lomerig van die vuur se hitte en wil net indommel. Bo die windgeraas hoor hy opeens 'n vêraf dowwe geroep. Kan dit wees dat iemand tog in die onweer oor die rivier wil gaan?

Hy staan op van sy lanter. Toe hy die deur oopmaak, ruk die wind aan sy jas en die reën waai koud in sy gesig. Die geluid buite klink byna soos die gekerm van 'n kind. Die veerman kyk na die donker bome wat laag buig, hulle bare blinknat in die lig van sy lanter.

"Dis maar net die wind wat so huil deur die bome," sê hy hardop. "Dis 'n wilde nag." Hy gaan weer sit en gooi 'n paar stukke hout op die vuur, wat laag begin brand het. Die vuurtonge spat in die skoorsteen op. "In so nag sal niemand dit buite waag nie," verseker hy homself en trek sy jas stywer om hom.

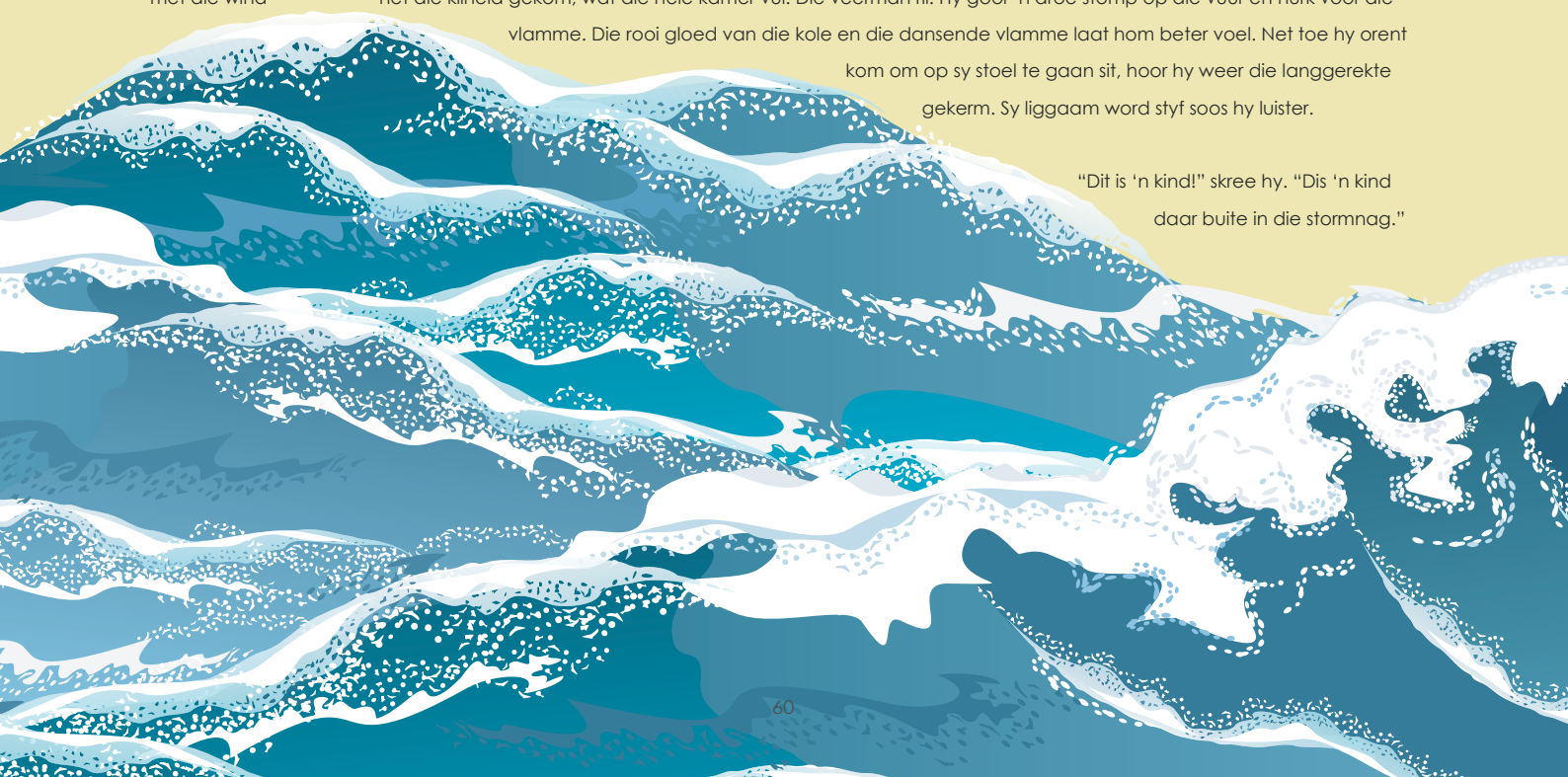
Die wind gedreun word hewiger, sodat dit voel asof die huisie daarvan skud. Hy is dankbaar dat niemand geroep het nie. Om in so 'n nag, in die koue donkerte, oor die rivier te vaar, sal moordend wees.

Maar daar is dit weer! Die dowwe huil geroep! 'n Kind in die nag? 'n Kind alleen langs die waterkant? Dis onmoontlik!

Die veerman spring weer op en loop na die deur. Toe hy die grendel oopskuif, swaai die deur na binne soos die wind daarteen aandruk. "Is daar iemand?" skree hy, en lig die lanter hoër.

Hy hoor weer die dowwe gehuil. 'n Oomblik luister hy. Toe skud hy sy kop. Nee, dit kan nie wees nie! Dis tog nie die gekerm van 'n kind nie. Die vertrek voel ineens koud, al het hy die deur weer toegegrendel en al brand sy vuurtjie nog. Die woeste wind het na binne gewaai en saam met die wind het die kilheid gekom, wat die hele kamer vul. Die veerman ril. Hy gooi 'n droë stomp op die vuur en hurk voor die vlamme. Die rooi gloed van die kole en die dansende vlamme laat hom beter voel. Net toe hy orent kom om op sy stoel te gaan sit, hoor hy weer die langgerekte gekerm. Sy liggaam word styf soos hy luister.

"Dit is 'n kind!" skree hy. "Dis 'n kind daar buite in die stormnag."





Hy gryp sy lantern, storm uit, en hardloop na die waterkant. By die ankerplek lê sy vasgemaakte boot aan sy meertoue en ruk. Die reën slaan in die man se gesig. Die lantern in sy hand swaai wild heen en weer. Die veerman gaan 'n oomblik staan om te luister. Van die oorkant kan die huilende gekerm van 'n kind. "Ek kry koud... ek verkleum... ek sterf!"

Dis 'n jammerlike geroep, wat die man by die boot se hart woes laat klop. "Ek kom! Wag vir my, ek kom!"  
Bo die wind getier klink sy stem.

Hy maak die boot los en begin met sterk hale na die oorkantse oewer roei. Die reënwater stroom oor sy gesig; die wind dwing die boot stroom af, asof dit 'n blaas of 'n takkie is. Sy hande is ysig vasgeklem om die roeispane. Hy moet al sy krag inspan om die boot oor die stroom te kry. "Ek kom, ek kom!" troos hy die kind aaneen.

Soos lang moeisame ure voel dit vir die man voordat hy die oewer bereik en die boot daar vasmeer. In die donkerte soek hy na die plek waarvandaan 'n flou, snikkende geklaag kom. In 'n bondeltjie kry hy die kind lê. In die lig van die lantern lyk hy klein en verlate, en amper dood. Net die aanhoudende gekerm wys dat hy og lewe.

"Stil, my kind. Stil maar, my kind," sus die veerman. Hy tel die kind op en druk hom vas teen sy lyf, onder die dik jas wat hy aan het; en dra hom na die ankerplek. So wild is die storm en die wind dat dit die boot losgeruk het van sy tou en dit stroom af weggesleur het. Die man druk die kind stywer teen hom vas. Hy staan verslae. Toe tel hy die kind op sy skouers en begin waar deur die ysige water. "Ons gaan na 'n warm huis," troos hy, maar sy eie hart bewe voor die geweld van die stormnag.

Met elke moeisame stap van sy voete voel die veerman hoe sy kragte minder word. En hoe kan so 'n fingerige kind so swaar op sy skouers rus? "Daar is 'n warm vuur... daar is kos..." praat hy hortend met die stil kind. Benoud wonder die man, is hy nie reeds dood nie?

Die kind op sy skouers is so swaar dat dit vir die veerman voel asof sy voete dieper en dieper in die sandbodem van die rivier gedruk word, en die golwe lek al hoër teen sy lyf. Toe hy sy voete op die klippe aan die oorkantse oewer neersit, hyg hy na asem. Gebuk onder die gewig op sy skouers, stropel hy tot by sy huis. Hy maak die deur met bewende, yskoue vingers oop.

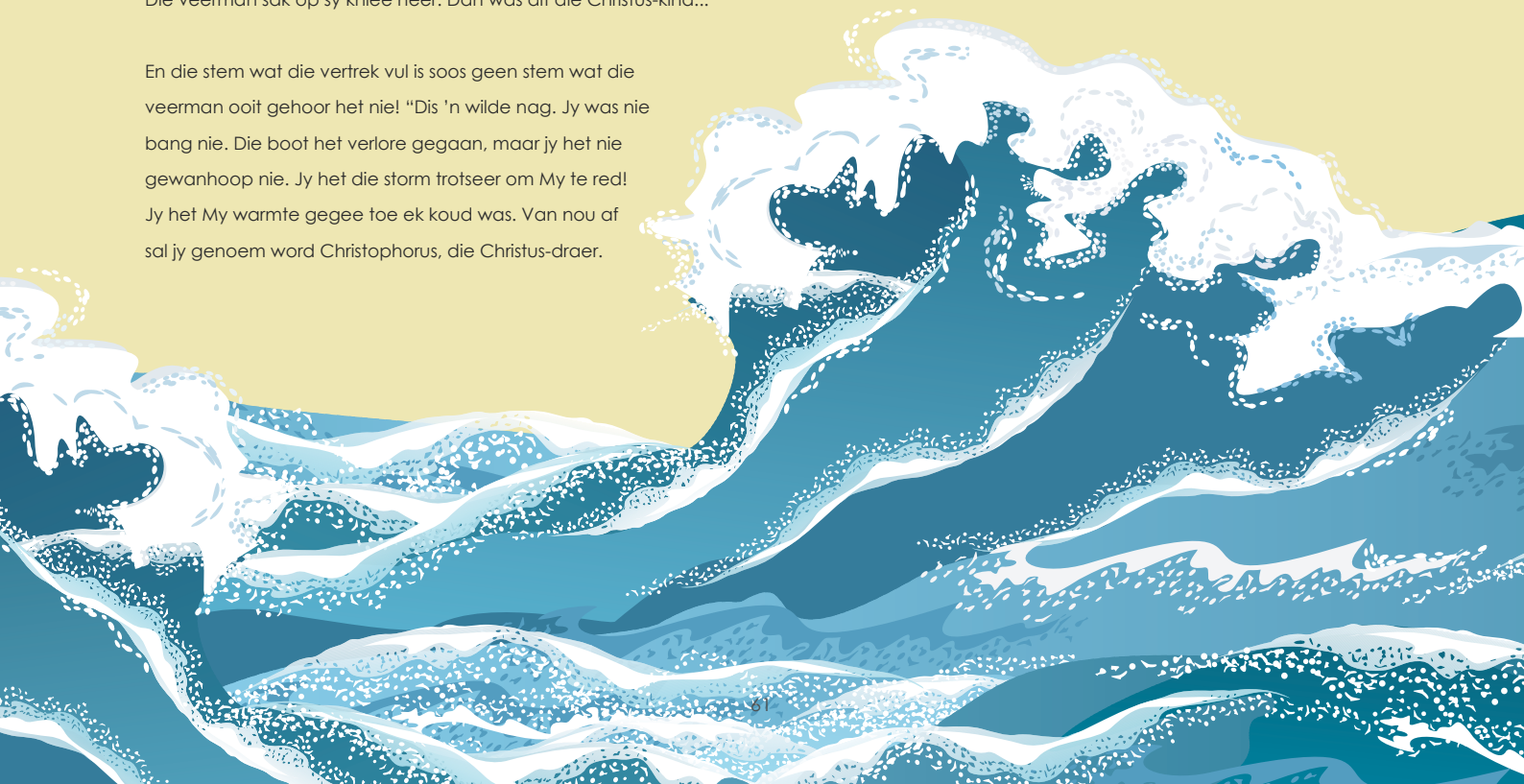
Die huis is opeens vol van wonderlike lig en warmte toe hy – tot die dood toe vermoeid – oor die drumpel tree.

"Daar, my kind," sê die veerman, toe hy neerhurk voor die vuur om die kind van sy skouers te tel, "het ek jou nie belowe ek sal jou veilig tuis bring nie?"

Toe hy orent kom, voel hy wonderlik sterk en sy skouers is los en lig asof daar geen gewig op hulle gerus het nie. Hy steek sy hand uit om die kind na die vuur te lei. Maar dis nie 'n kind wat in die hemelse gloed van die kamer staan nie. Dis 'n man. Sy gesig blink.

Die veerman sak op sy knieë neer. Dan was dit die Christus-kind...

En die stem wat die vertrek vul is soos geen stem wat die veerman ooit gehoor het nie! "Dis 'n wilde nag. Jy was nie bang nie. Die boot het verlore gegaan, maar jy het nie gewanhoop nie. Jy het die storm trotseer om My te red! Jy het My warmte gegee toe ek koud was. Van nou af sal jy genoem word Christophorus, die Christus-draer.





By Letitia Coetzer

**When the first reports of Covid-19 hit the news, it just seemed like something that was happening in a country far removed from South Africa, and the probability of it ever reaching South Africa seemed improbable. At that time one of our young, ambitious family members who is teaching in South Korea came to visit and ‘the virus’ caused quite a bit of laughter. Even though we were advised about the reality of the situation on the other side of the world, it was something that was inconceivable to a person who had not experienced the force of the pandemic.**

**W**hen the first cases in South Africa were reported there was still some hope of a cure being found sooner rather than later and that just maybe we might not be devastatingly affected by this plaque.

Needless to say, after more than 100 days of lockdown we are experiencing the full force of COVID19 with no miracle cure in sight.

Even though the lockdown in South Africa was announced it has not been enforced like it was in other countries and apart from businesses having to shut down and a ban on the sale of cigarettes and liquor, the action and movement of people were not as restricted as it could have been.

Unfortunately, the culture of the average South African is that he or she is untouchable by the law and almost every person I know has found a way of not adhering to the restrictions being placed upon the nation for our own good. Although these actions were 'legalized' by obtaining the relevant permits, there is no doubt that these were obtained for selfish gratification. The truth is the whole world has been affected by this outbreak, and no person is exempt from the effect of this pandemic on our lives. Even if we think that we are.

Yes, this is a crisis. Many people have lost their jobs, many others are being subjected to salary cuts, others are prolonging the suffering by taking up quick fix loans which will take years to repay.

All of us want to have something we can refer to as normal, but unfortunately, that luxury can't be afforded to anyone right now. Your once organized life is now just a kaleidoscope of tangled responsibilities, deadlines and precautions.

As humans we are inherently resistant to change, and with change comes grief. Understanding the cycle of grief might be helpful in giving a name to what you are feeling.

Initially you will feel shocked or surprised. Denial sets in, you will look for evidence that it isn't true. You may try to avoid the situation, have feelings of confusion, shock and fear. You will recognize that things are different, feel frustrated, sometimes angry or anxious.

You may become depressed, have a low mood and lack of energy. You may feel overwhelmed and your fight or flight mode may be activated.

There will be a stage when you start accepting the new normal and start exploring new options, have a new plan in place and start moving on.

Even though this is one of the most difficult times the humanity of this day and age have ever had to face it is also a time of great opportunity.

Many companies have been working on digital transformation and the COVID19 pandemic has forced businesses to fast forward and optimise the digital tools available to us. Working from home has become the new normal and in many cases also improved on the



productivity of employees. Optimally utilizing Video conferencing has eliminated the time and money expended on travelling to have meetings and also allows the possibility of having individuals from virtually anywhere being able to attend the same meeting and has taken brainstorming to the next level.

Although it is still early days I believe that working from home will also positively impact on the mental well being of employees. The days taken off work for taking care of a sick child may also be eliminated due to the possibility of having a productive work day from your home office.

This is the perfect time for business to roll out their new strategies as society is currently continuously confronted with changes and will easily adopt to these proposed changes without much resistance. This is also an opportunity for individuals to grow and expand on their existing skills or even master a few new ones.

Before the concept of 'Lockdown' was known to us, many of us just never had the time to take on new things because we were just too busy. Now that we are forced to spend our time differently we might end up with a few hours to actually have to put thought into what it is we want to do next.

This may be the year you start exploring your artistic side, you may even aspire to becoming the next great baker or even a master chef.

This time of isolation has brought many of us to introspection and questioning whether where you are at in life is where you really want to be. This is the time to be truthful to yourself, you may not feel that you are unhappy, but are you fulfilled? Are you satisfied with where your life is headed? What is it that you need to do to get to where you want to be?

Whatever it is that you aspire to, this is the time to give it your all. Three important criteria for being successful

1. Intelligence  
Be able to quickly adapt when changes happen. Write down your ideas everyday.
2. Energy  
Vitality, health and a basis to action.
3. Integrity  
Be accountable for your time. Diarise the things that are important to you. Dedicate every minute to things that are important to you.

Success is achieved by the cumulative effect of a number of small tasks, not by finalising one big task. Don't waste time on things that don't bring you closer to your goals.



STAGES OF GRIEF

STEP 1  
*Denial*

- ✓ Avoidance
- ✓ Confusion
- ✓ Elation
- ✓ Shock
- ✓ Fear

STEP 2  
*Anger*

- ✓ Frustration
- ✓ Irritation
- ✓ Anxiety

STEP 3  
*Bargaining*

- ✓ Overwhelmed
- ✓ Helplessness
- ✓ Hostility
- ✓ Flight

STEP 4  
*Depression*

- ✓ Struggling to find meaning
- ✓ Reaching out to others
- ✓ Telling one's story

STEP 5  
*Acceptance*

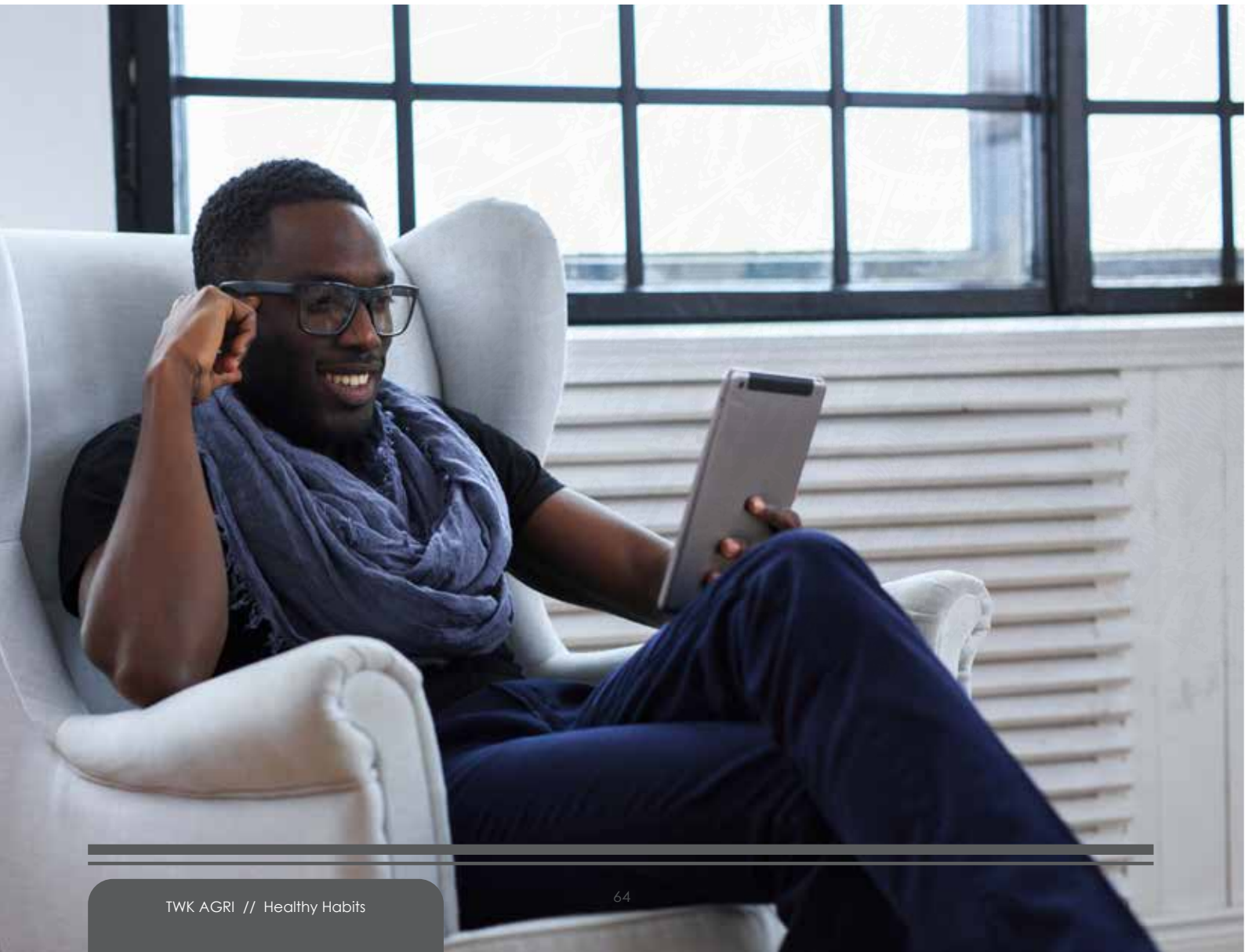
- ✓ Exploring options
- ✓ New plans
- ✓ Moving on

Work ethic  
during a  
pandemic

COVID-19  
warriors...

- ✓ Be available during working hours
- ✓ Be reliable
- ✓ Keep to deadlines
- ✓ Communicate with stakeholders daily
- ✓ Check and respond to emails timeously
- ✓ Do not use the lockdown as an excuse for bad service delivery

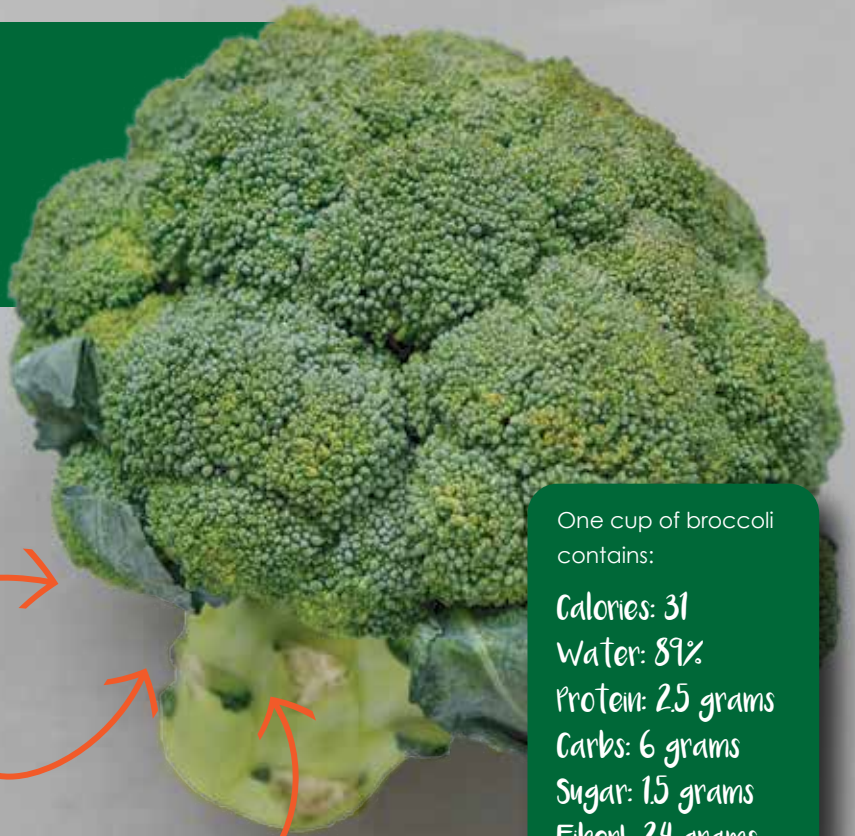
- ✓ Wear a mask
- ✓ Practice social distancing
- ✓ Eliminate unnecessary travelling
- ✓ Avoid social visits
- ✓ Wash/sanitize hands regularly
- ✓ Cover coughs and sneezes





# Health benefits of Broccoli

Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables.



One cup of broccoli contains:

Calories: 31  
 Water: 89%  
 Protein: 2.5 grams  
 Carbs: 6 grams  
 Sugar: 1.5 grams  
 Fiber: 2.4 grams  
 Fat: 0.4 grams

Cancer prevention

Lower cholesterol levels

Boost eyesight



HEALTHY HABITS  
 ENCOURAGING HEALTHY CHANGE

## Nutritional Facts of

# Pizza

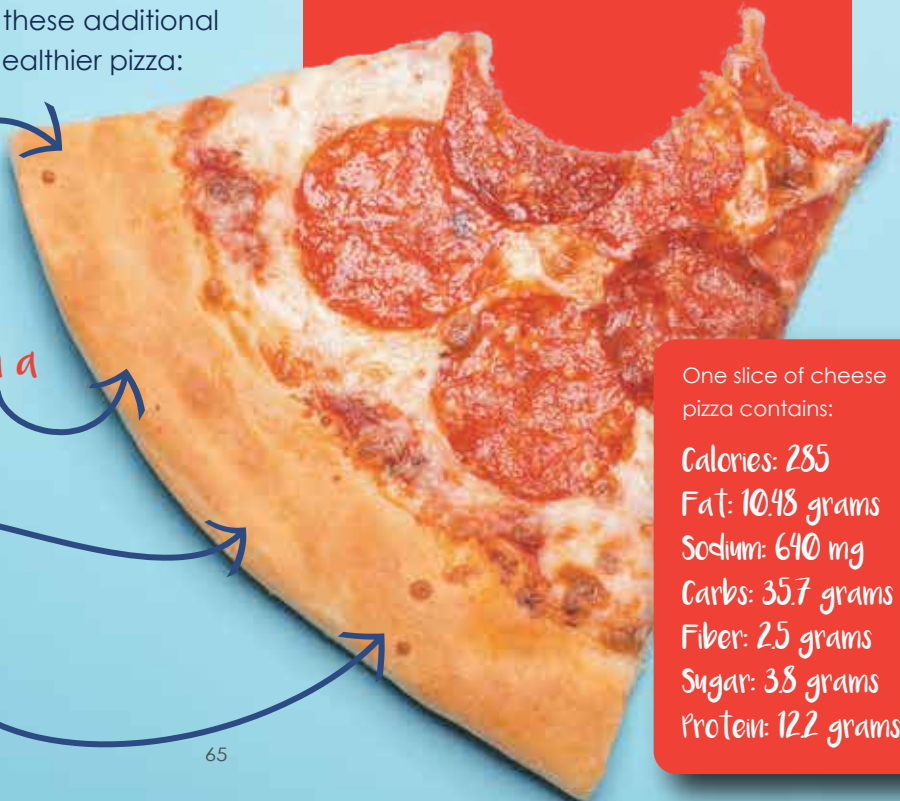
At home or in a restaurant, use these additional tips to enjoy lower-calorie, healthier pizza:

Order thin crust pizza

Replace regular crust with a whole-wheat crust

Avoid dipping sauce

Consider making pizza at home



One slice of cheese pizza contains:

Calories: 285  
 Fat: 10.48 grams  
 Sodium: 640 mg  
 Carbs: 35.7 grams  
 Fiber: 2.5 grams  
 Sugar: 3.8 grams  
 Protein: 12.2 grams



# PREPARE FOR

**As full economic activities resume under level two lockdown restrictions today, many people will be returning to their offices in the coming days. This is after up to five months away, and, more importantly without spending as much time behind the wheel and dealing with their usual traffic.**

**T**he managing director of MasterDrive, Eugene Herbert, says it will take a few days to regain your muscle memory behind the wheel. "Drivers' bodies remember the motions required to drive, from periodically glancing in the rear-view mirror to seamlessly changing the gears without putting much thought into it.

"This means while you re-establish your muscle memory your reactions can also be slower. If an animal runs into the road you will brake or move around the animal much slower than if you were still driving as much as you previously were. On a positive note, it returns quite quickly but you should exert more caution until you feel at ease behind the wheel again."

Give drivers who are returning some allowance. "Whether you have been driving for some months or only just returning now, give drivers some extra space and allowance. One can expect that as you or other drivers regain muscle memory that mistakes will be more easily made and reactions slower. If drivers are given extra space to account for this, the consequences will be much less dangerous or temper-inciting.

"Drivers should also be prepared to travel unfamiliar routes due to strike action or increased traffic. For drivers, this would require leaving earlier and giving yourself extra space to make unexpected lane changes or route corrections."

Lastly, do not let your awareness levels and preparedness to handle crime drop. "MasterDrive has been reminding drivers that crime remains a problem on the roads and is only expected to worsen in the coming months. As such, avoid becoming complacent or careless by neglecting to employ skills necessary to protect you against suspicious people or drivers with ill-intentions.

"Whether you have been on the road for some time or returning to your normal driving schedule today, be prepared that it might take some time to get back into it. Consequently, change your driving habits to account for this," says Herbert.

Source: MotorPress ■

# RETURNING





**HAVAL**  
Global Intelligent SUV Expert



H1 1.5T VVT  
FROM **R2 599** PM\* WITH 0% DEPOSIT

Model: H1 1.5 VVT | Instalments: 72 | Deposit: 0%  
Balloon Payment: R66 044 (32.55%) | Interest Rate: 5%\*  
Cash Price: R202 900 | Monthly Instalment: R2 599 PM  
Total Cost of Finance: R250 572

**5** YEAR 100 000km WARRANTY  
Unlimited km ROADSIDE ASSISTANCE  
3 YEAR 45 000km SERVICE PLAN



The advertised instalment of R2 599 includes the R69 monthly admin fee. Total cost of financing includes Bank Initiation Fee of R1 208 and monthly admin fee. \*Interest rates are linked to prime (currently 7%) and accordingly are subject to change in the event that the prime rate changes. Finance offers subject to approval from Haval Finance, a product of WesBank, a division of FirstRand Bank Limited, a Registered Bank, an authorised Financial Services and Credit Provider (NCRCP20). Valid until 30 September 2020. Terms and conditions apply. Visual for illustrative purposes only.

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# NEW Corolla Sedan Has It All



The world's best-selling automotive nameplate, is quite some accolade and no mean feat either. Toyota's ubiquitous compact city car – first launched in 1966 – has captured the global automotive market and gone on to become a household name the world over.

**N**ow in its 12th-generation, the new Corolla combines Toyota's exciting new design direction, with the tried-and-tested virtues of the Corolla brand. The adoption of the TNGA (GA-C) platform provides an innovative base on which to build the latest iteration of the company's compact sedan.

#### Daring Design

The new Corolla sedan features a highly expressive design, adopting the same front-end treatment as the Corolla Hatch (with minor variation) and featuring a prominent lower apron, sculpted headlights and flowing three-box design.

The front bumper employs a large trapezoidal lower grille, with black-moulded border and large mesh pattern. The arrow-shaped LED headlamps, with integrated DRL elements, flow towards the centrally-mounted Toyota emblem, surrounded by a slim-line upper grille element – enhancing visual aggressiveness.

According to Ueda-san, Corolla Chief Engineer: "One of the big merits of the new platform is that it allows designers more freedom to create a dynamic exterior."

He adds that all variants in the Corolla family are now visually distinctive and feature an individual look with a lower stance and more appealing proportions. "We've also ensured better all-around visibility for the driver by implementing thinner A-pillars and a lowered dashboard and bonnet," said Ueda-san.

The short roofline and sloping C-pillar convey a sense of motion, while the short rear overhang adds to the dynamic presence. The compact LED taillights feature a bi-colour design, sharp outer edging and dark border - which extends to the centre of the boot lid, linking the left and right sides.





A black trapezoidal rear-bumper insert and outwardly-mounted vertical reflectors add to its powerful stance. The rear bumper also features integrated aero-stabilising fins, to smooth airflow from the wheel arches.

Dimensionally the new Corolla is 20mm lower, with the bonnet edge sitting 35mm lower and the front overhang registering 25mm shorter. In order to promote a powerful stance, front and rear tread have been increased by 11 and 22mm respectively.

#### Captivating Colours

Eight exterior colours are on offer, six of them being new. Celestite Grey, Crimson Red, Moonlight Ocean, Scarlet and Dark Blue metallic offer buyers an expressive choice. Pearl White, Glacier White and Satin Silver remain the neutral tones on offer.

#### Interior Ambience

The new Corolla sedan adopts the same interior design as its hatch sibling, featuring an elegantly simple design, reduced upper-panel height, soft-touch finishes and brushed metal accent strips. In sedan execution, blue contrast stitching adds an air of sportiness and harmonises with blue illumination for the switchgear and instrument panel.

A revised front seat design with elegant ribbed pattern and bucket-like profile lends a premium feel to the cabin. A new-age synthesized fabric called Rezatec™ is used, offering the comfort of

fabric with the premium feel of leather. The high-grade (XR) model offers a choice of sporty blue or classic grey accent trim colours.

#### Structural Integrity and Weight Optimisation

Aluminium, high-tensile strength steel and hot-stamped materials have been extensively used, and the panel thickness of the doors and roof panel reduced. This has resulted in a considerable weight reduction for the body, helping to improve overall fuel efficiency.

At the same time, the addition of adhesives throughout the new bodyshell, an increase in the use of spot welding, and the use of fully closed cross-sections and structural rings, combine to increase body rigidity by some 60% over the outgoing models, promoting a marked increase in handling agility, responsiveness to steering inputs and high-speed stability.

Handling and agility are further improved by the lower mounting height of the engine and lower hip point of the seats. In combination, these measures have lowered the new Corolla's centre of gravity by some 10 mm.

#### Sorted Suspension

The new Corolla range features a proven MacPherson strut front suspension system, an all-new multi-link rear suspension arrangement and new shock absorber valve technology. The front suspension geometry has been revised, with newly developed



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shock absorbers, and coil spring characteristics optimised for a linear steering response during mid- to high-speed cornering.

Additional geometry changes have been applied to the suspension arm and bush structures, in order to achieve quicker shock absorber response and minimise the transmission of shock forces from rough surfaces and achieve high-quality ride comfort. The newly developed multi-link rear suspension features compact packaging and exclusively-designed coil springs, which offer both handling stability and ride comfort.

#### Improved Noise, Vibration & Harshness (NVH)

The GA-C platform itself contributes to the suppression of transmission vibration. The steering wheel pad functions as a dynamic damper to suppress steering vibration, and even the tool box functions as a dynamic damper to reduce rear floor panel vibration.

The generous application of sound absorbing and insulating material in the engine bay combines with a triple-layered dashboard inner silencer to minimise the penetration of engine and transmission noise into the cabin. An integral floor silencer has also been adopted, increased body sealer has been applied to gaps between panels, and foam material has been installed within the body frame in numerous locations to reduce the penetration of wind and road noise into the cabin.

#### Simplified Powertrain

Two engines options are employed in the new Corolla. The 1.8-litre mill is carried over from the previous generation, delivering 103kW and 171Nm. This unit is mated to a '7-speed' Shiftmatic CVT transmission with 7 pre-programmed steps.

Next up is the new 2.0-litre 'Dynamic Force' TNGA engine (as first seen on RAV4) which ups the ante to 125kW and 200Nm – with a strong focus on fuel efficiency. Two transaxle options exist here, a 6-speed manual or '10-speed' Shiftmatic CVT.

Fuel consumption for the 1.8-litre is listed as 6.2 l/100 km, the 2.0-litre manual at 6.5 and finally the 2.0-litre CVT at 6.0 l/100 km.

#### Two Grades, Three Models

Two grade options are offered, XS and XR. The XR model serves as the flagship and is available exclusively with the new 2.0-litre Dynamic Force engine with a choice of 6-speed manual or 10-speed Shiftmatic CVT. The 1.8 XS serves as the entry point to the range.

#### Rolling Stock

The XS rolls on 16" alloy wheels shod with 205-55-R16 tyres. XR models receive ultra-stylish turbine-shaped 18" alloy wheels outfitted with 225-40-R18 tyres.

#### Convenience and Tech

The new Corolla sedan delivers on both the tech and convenience fronts, with the inclusion of Apple CarPlay, Android Auto and touchscreen interface. Climate control with Eco mode, a reverse camera, power seat adjustment, one-touch functionality for the electric windows, keyless entry, tilt & telescopic steering adjustment, steering switches and cruise control all feature on the spec' list. XR models feature an auto-dimming rear view mirror too.

Two levels of Multi-information Display (MID) systems are utilised. The XS grade uses a 4.2" display with the XR variants employing a large 7" MID system with digital speedometer.

#### Safety and Sensibility

On the safety front the Corolla certainly delivers. All models feature seven airbags, ISOFIX, active electronic safety aids (ABS, EBD, BAS, VSC, HAC) and an impact absorbing bodyshell. The flagship XR grade receives Toyota Safety Sense (TSS) – a full complement of active driver aids. The XR also receives an upgrade to Bi-LED headlamps.

This suite combines Pre-collision system, blind spot monitor, all-speed cruise control, automatic high-beam and Lane Trace Assist - conveniently operated via steering switches or the multi-information display.

#### Warranty & Service

All Corolla models include a 6-services/90 000 km service plan with service intervals pegged at 15 000 km/12-months. A 3 year/100 000 km warranty is also included.

Source: MotorPress ■





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# Swangerskap en jou Mediese Fonds

Deur Dirk Conradie

Tydens gesinsbeplanning moet daar gekyk word na die belangrikheid daarvan om aan 'n mediese fonds te behoort. Die koste van 'n normale bevalling in 'n Suid-Afrikaanse private hospitaal beloop tans gemiddeld R30 000. Hierdie bedrag kan aansienlik groter raak indien jou baba met behulp van 'n keisersnee in die wêreld gebring word. Die koste van 'n keisersnee kan vanaf ongeveer R45 000 tot R65 000 wissel.

**D**ie koste van 'n geboorte kan egter drasties toeneem indien daar komplikasies betrokke is. Indien jou baba prematuur gebore word, moet jou baba in die hospitaal opgeneem word en respiratoriese noodbehandeling ontvang. Amper een uit 10 van alle geboortes is prematuur.

Die hospitalisasie van 'n premature baba kan 'n paar dae, weke of selfs etlike maande duur. Private hospitale se rekeninge hiervoor kan miljoene rande beloop.

Mediese fondse kan swangerskap uitsluit indien daar bevind word dat die aansoeker voor die aanvang van lidmaatskap swanger was. Dit is dus van kardinale belang om te beplan.

Dit is wel nog steeds 'n goeie idee om by 'n mediese skema aan te sluit, al word die bevalling uitgesluit. Die baba sal vanaf geboorte gedek word, al is dit 'n premature geboorte. Dus kan daar tien duisende rande gespaar word op onkoste, en jou pasgeborene kry sorg in 'n private hospitaal.

Onthou net dat die meeste skemas vereis dat die pasgebore baba binne 30 dae vanaf geboorte as 'n afhanklike op die mediese fonds geregistreer moet word.

Swangerskap as 'n voorgeskrewe minimum voordeel (VMV) Mediese fondse is volgens die Wet op Mediese Skemas verplig om die bevalling te dek. Die huidige VMV-regulasies sluit slegs voorgeboortesorg in indien dit noodsaaklik is om die moeder te hospitaliseer voordat sy geboorte skenk.

Die meeste mediese fondse dek wel volgens hulle reëls roetinevoorgeboortesorg uit die lid se risikovooredele, en nie as deel van VMV's nie. Hierdie voordele kan die volgende insluit:

- Konsultasies met jou dokter (algemene praktisyn of ginekoloog)
- Skanderings (ultrasound scans)

- Bloedtoetse soos
  - Rapid Plasma Reagin (RPR)
  - Volbloedtellings (full blood count)
  - Bloedgroep en Rhesus-bloedgroepsisteem (RHD)
  - Hepatitis B- en Hepatitis C-toetse

Maak asseblief seker van jou fonds se voordele en wat tydens jou



swangerskap gedek en nie gedek word nie. Dit is ook belangrik om vir jou mediese fonds se swangerskapsvoordele te registreer. Die registrasie verskil van fonds tot fonds. Registrasie sal dan voordele ontsluit wat

nie noodwendig as 'n VMV gedek word nie.

Medisyne gedurende die swangerskap

Tydens jou swangerskap bly jou voorafbestaande VMV-toestande steeds ten volle gedek, asook enige VMV-toestande soos diabetes wat jy tydens jou swangerskap kan ontwikkel.



- Sommige vroue kan oggendnaarheid ervaar tydens die swangerskap, en behandeling hiervoor word nie deur VMV's gedek nie.



- Foliensuuraanvullings word ook nie deur VMV's gedek nie.
- Swanger vroue met anemie moet tydens swangerskap ysteraanvullings neem. Hierdie ysteraanvullings word uitgesluit onder VMV's, maar indien dit lewensbedreigend is, sal dit gedek word.
- Multivitamiene wat vir die swanger vrou voorgeskryf word, val nie onder VMV's nie.
- Antiretrovirale terapie (ARV-terapie) om moeder-tot-kind-oordrag van MIV te voorkom, is by die VMV-regulasies ingesluit.

#### Voor die bevalling

Inligting wat benodig gaan word om die bevalling goed te keur:

- Lidmaatskapnommer
- Pasiënt se besonderhede
- Prosedure- en diagnostiese kodes (dokter sal die kodes verskaf)
- Dokter se besonderhede en praktyknommer
- Besonderhede van die hospitaal waar die bevalling gaan plaasvind
- Beraamde datum van opname

#### Tydens die bevalling

VMV's dek die bevalling. Natuurlike geboorte is die norm en jou mediese fonds moet dit ten volle dek. 'n Keisersnee word slegs as 'n VMV gedek indien daar spesifieke kliniese redes is, byvoorbeeld

indien die fetus in nood verkeer. Jou dokter sal aan die mediese fonds motiveer waarom 'n keisersnee nodig was.

#### Ná die bevalling

Maak seker van die voordele wat jou mediese fonds vir nageboortesorg bied. Dit kan inentings en die baba se groei-assesserings insluit. Verskillende mediese fondse bied verskillende voordele.

#### Gapingsdekking

Daar kan 'n gaping ontstaan tussen wat die mediese fonds betaal en wat die spesialis, narkotiseurs, ens. vra. Die meeste mediese fondse betaal 100% van mediese fondstariewe, en daar sal normaalweg nie enige ekstra koste aan die hospitalisasie verbode wees nie. Die probleem kan ontstaan waar die spesialis en narkotiseurs meer as mediese fondstariewe vra. Daar kan dus 'n gaping ontstaan tussen wat die fonds betaal en wat die spesialis en narkotiseurs vra. Dit is altyd 'n goeie idee om tydens beplanning ook 'n gapingsdekkingplan te oorweeg.

#### Gemoedsrus

Swangerskap en geboorte kan een van die wonderlikste ervarings van jou lewe wees, maar dit kan ook een van die duurste wees.

Maak dus seker dat jy aan 'n Suid-Afrikaanse mediese skema behoort voordat jy die stap na ouerskap neem.

Kontak ons gerus by TWK Versekering vir kundige advies rondom mediese fondse. ■

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# DIE SPEKBOOM

Deur Annica Venter

**Die spekboom het in die laaste paar jaar baie gewild geword en kom deesdae in die meeste tuine voor. Die spekboom is 'n geharde plant, en is weerstandig teen ryp, hitte en droogte. Tans word dit geplant vir die ornamentele bydrae tot die landskap, maar in werklikheid is dit 'n plant wat vele voordele inhou. Indien jy nog nie 'n spekboom in jou tuin het nie, dink maar 'n tweede keer.**

**D**it groei inheems in die Oos-Kaap en word soms die "wonderwerkplant" genoem omdat dit in uiters droë toestande kan groei. Die wetenskaplike naam vir die spekboom is *Portulacaria afra*. Dit is 'n vetplant met 'n donkerrooi stam en groen blare. Dit plant vegetatief voort in 'n bosveld, sowel as deur steggies. As 'n wortel die grond tref, ontwikkel en ontkiem dit om ander wortels te vorm. Die plant self stoor groot hoeveelhede koolstof en hou water omrede dit 'n vetplant is.

Een hektaar spekboom kan meer as vier ton koolstof per jaar absorbeer. Volgens statistiek maak dit hierdie plant meer effektief as die Amasone-reënwood om koolstofdoksied uit die atmosfeer te absorbeer. Die spekboom beskik ook oor die unieke vermoë om sy fotosintetiese meganisme van 'n reënval-plant na 'n woestyn-plant om te skakel, wat dit baie effektief in enige omgewing laat groei, veral 'n omgewing wat herstel nodig het.

Die Departement van Landbou, Bosbou en Visserye beoog om deur hulle ekosisteemprogram een miljoen hektaar grond deur die aanplanting van spekboome te herstel. Die Gamtoos Besproeiingsraad, gebaseer in Patensie in die Oos-Kaap, hou tans toesig oor die grootskaalse aanplanting van spekboome op oorbeweide terreine in die Baviaanskloof Natuurreserveat, Addo-olifant Nasionale Park en die Visrivierreservaat. Tot op hede is meer as 3 000 ha oorbeweide grond reeds herplant.

Die sambreelvorm van die spekboom skep genoeg skaduwee om die grond onder klam te hou. Hierdie grond word weer gebruik om ander plante te kweek, wat dus die spekboom 'n verpleegplant maak. Volgens dr. Ayanda Sigwelwa, 'n ekoloog, kan 'n steggie vir 'n dag of twee uitdroog en dan uitgeplant word. Indien dit vir die eerste twee maande nie te droog is nie, sal die steggie in 'n stewige en nieveeleisende tuinstruk ontwikkel wat jou met pienk blomme sal beloon, terwyl dit terselfdertyd skadelike koolstof uit die atmosfeer absorbeer.

Nie net is die plant ideaal vir enige seisoen of weersomstandighede nie, maar dit is ook 'n baie veelsydige plant. Of jy op soek is na 'n plant wat in 'n heining of bonsai omskep kan word, 'n groot tuinstruk of grondbedekking, die spekboom kan dit alles doen. Die plant self reageer goed op snoei en groei dig, wat dit 'n uitstekende, geharde skerm maak. Sommige variëteite groei op die grond en word so hoog soos 2 meter. In 'n pot of binnenshuis groei die plant tussen 50–80 cm hoog, terwyl dit in sy natuurlike habitat tot 5 meter hoog kan groei.

Die plant self is nie baie veeleisend nie en droogtebestand. Dit benodig slegs tussen 250–350 mm water per jaar om te oorleef! Hierdie plant is troeteldiervriendelik en eetbaar vir mense. Ons stel nie voor dat jy vir 'n bord spekboom neul nie, maar dit kan gebruik word in slaai en het blykbaar 'n ligte, sitrusagtige geur. (Onthou net om dit eers te was!) Olifante geniet ook hierdie plant – dit is waar die naam 'Olifantskos' vandaan kom.

Die spekboom is nie net 'n aantreklike, ornamentele plant om in jou tuin te hê nie, maar die omgewingsvoordele wat dit inhou en die min water en onderhoud wat die plant benodig om suksesvol te groei, maak dit 'n ideale kandidaat vir enige Suid-Afrikaanse tuin.

#### Verwysings

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# Summer Cattle Mix

**Ideal dryland mix for extensive livestock systems!**

Barenbrug's Summer Cattle Mix is high-yielding, with better digestibility than other hay crops. It's a three-way, versatile mix of indigenous grasses, Smuts, Rhodes and Panicum. The contribution of each sub-tropical grass in the mix has been tried and tested to give the best results for soil cover and yield in warmer areas and is drought resistant.

Smuts (*Digitaria eriantha*) cultivar, Irene, will ultimately dominate the mix and contribute significantly to the high yield. It should be left in the first year to self-seed (January) to bulk up the plant population. Smuts can be effectively grazed or cut and baled for hay. It will take a day longer to dry than *Eragrostis curvula*. Smuts can also be left to grow to shoulder height and used as foggage through winter as a standing hay. It is best to strip-graze and not allow livestock to graze too hard. Smuts is a hardy perennial and widely adapted across SA climate and soil types.

Rhodes grass (*Chloris gayana*) cultivars, Tolgar and Panicum, (*P. coloratum* 'Klein Verdi' or *P. maximum* 'Gatton') are quick establishing. They are in the mix to prevent soil erosion, and the cover provides early grazing for livestock. Quick establishment also suppresses weeds. Both Rhodes and Panicum survive well in dry circumstances. Rhodes grass creates a micro-climate into which the Smuts and Panicum are effectively established.

Grass Variety	Cultivar	Seed kg/ha	% in Mix
Smuts Finger grass	Irene	13	65%
Rhodes grass	Tolgar	7	25%
Panicum	Klein Verdi	3	10%

Summer Cattle Mix is made up of coated seed which improves germination and makes it easier to calibrate the planter. Plant shallow into a fine, firm seedbed and roll well. Establish in early summer when soil temperatures reach 16°C and rain is expected.

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# Make your own garden gold

Compost is not only free nutrition, it is the easiest and cheapest way to condition the soil, improve drainage and aid water retention. Anyone with a garden, even just a few pots, can make compost. The method you use depends on space and affordability.

## Traditional compost heap

This is the most cost-effective option but needs space. It is suitable for gardens where the heap can be placed out of sight, usually at the bottom of the garden. The site needs to be level and on soil so that the earthworms can do their work. Start with a layer of sticks or small branches (for drainage) and build it up in layers of brown material (leaves, paper, cardboard) for carbon and green (vegetable scraps, grass cuttings, prunings) for nitrogen. A layer of manure every now and then acts as a compost activator. Turn regularly to aerate. Don't go much higher than 1.5m.

## Home-made open bins

The three-bin compost system is neater than the traditional heap, more efficient, and easier to process and harvest large volumes of compost. If there is not enough space for three bins, just make one. Keep it affordable by making your own from recycled wood and netting wire or wooden pallets held together by cable ties. The front panel of each bin should be removable so that material is easy to move or harvest. This system allows both hot and cold composting.

## Compost bins

This is a tidy, self-contained, rat-proof composting option for small gardens that don't generate a large volume of waste. The sturdy bins are usually made from recycled plastic, are filled from the top and sealed with a lid. Not being able to turn the material does slow down decomposition. Remove the decomposed material from the bottom (some have an opening) or move the bin so that the material drops out. Bag the good stuff, return the remainder to the bin and top up with new material.

## Compost tumbler

This is another option for limited space. It is more effective than a

bin, producing compost more quickly, and harvesting is easier. Like a bin, the volume is limited. The tumbler, usually made from heavy plastic, is supported by a frame and raised off the ground so that it can be turned with a handle. That takes the hard work out of turning the compost. To increase the diversity of microbes in the bin, add a spade of soil every now and then.

## Wormery

Vermicomposting differs from other composting because it doesn't include garden waste, only household scraps, paper and cardboard that is broken down by specific compost worms (*Eisenia fetida*). Wormeries are small, self-contained and usually odour free, making them ideal systems for indoors or small outdoor spaces, although most gardeners like to have a wormery in addition to the conventional compost. That's because the worm tea (liquid leached from the wormery) and the worm castings are highly nutritious. Wormeries can range from a home-made bucket system to a more sophisticated, but expensive, system for easier harvesting.

## No-fuss compost pits and sheet mulching

This also differs from conventional compost making because the end product stays in place. This method is good for making a fertile garden bed but can take up to six months before material is broken down enough for planting. For a deep bed, dig a hole or trench and fill it with organic material. If it is not possible to make a hole, build up layers on top of the soil (also called lasagne gardening) so that the result is a raised bed. It is a good way to use up lots of organic matter and it looks neat.

[www.thegardener.co.za](http://www.thegardener.co.za)

## What's the difference between hot and cold composting?

You may hear the terms hot and cold composting bandied about. It is not as technical or as flammable as it sounds.

The advantage of **hot composting** is that it breaks down materials faster, so that finished compost is available within about three months. High-nitrogen materials are used to heat up the mix, but these must be balanced with carbon materials. The ratio is 2 parts carbon to 1 part nitrogen. The pile needs to be consistently damp and turned often to aerate it and to maintain its internal heat.

**Cold composting** is simply a pile of garden waste that is left to decompose in its own time. No fuss and no effort, but it can take a year to fully decompose. It does not kill off garden weeds or pathogens. Chop up the material into small pieces to speed up the decomposition.



# Composting Vos and Vonts

**Do put in the right stuff:**

Veggie and fruit peelings, teabags, coffee grounds, wood ash, plant prunings, grass cuttings, fallen leaves, cardboard egg boxes, crushed eggshells, soft cardboard, newspaper and paper.

**Don't put in the wrong stuff:**

Meat or dairy products, potato peels, animal faeces, diseased plants, weeds with seed heads or flowers, plastics, glass or metal.

**Do use a balanced mix of green and brown material:**

Too much green makes it too wet, and too much brown makes it too dry.



**Do use natural compost activators:**

Like manure, or herbs like comfrey, yarrow and borage, to help the compost break down more quickly and to add minerals.

**Do aerate by turning regularly to improve decomposition:**

Adding scrunched up paper or cardboard to a compost bin will create air pockets.

# Say hello to my LITTLE FRIEND...

*Uiteindelik die regte wapen om ornamentele plante in jou tuin te beskerm teen menige peste en plaeg.*

**PLAEG, WEES GEWAARSKU!**



**VIR DIE BEHEER VAN**



Registrasiehouer: Agro-Serve (Edms) Bpk. Reg. Nr. 1973/000868/07. Versprei Deur: Efekto Care (Edms) Bpk. Reg. Nr. 2009/006357/07, Posbus 652147, Benmore 2010. Garden Gun™ Reg. Nr. L6346 N-AR0518. Aktiewe bestandede: Esbiothrin (Piretroïd) 1,0 g/ℓ, Deltametrien (Piretroïd) 0,2 g/ℓ. VERSIGTIG. Produk is geregistreer deur Wet 36 van 1947.

**Kliëntediens**  
tel.: 086 133 3586  
info@efekto.co.za  
www.efekto.co.za







# DIY with (our own) *Riaan*

## 10 Things You Must Know About Paver Patios



**Low Cost, Easy Maintenance**

A patio can be created with many materials, but it's hard to beat one made from pavers for ease of installation and low maintenance. The initial cost may be higher than other options, but you'll save in the long run by not having to stain or seal it continuously. Plus, repairs are easier, one paver at a time.

**Dig Deep for Best Results**

Before you prep your patio area, be sure to have any plumbing, cable or electrical lines marked. Then dig down below the root level of vegetation in the area, a good 16 cm or so. For dry soil, try watering the area the night before you plan to dig to dampen and soften the area for easier digging.



**Keep It Weed Free**

Use landscaping cloth to create a barrier between the old soil and the new base of sand you'll be using. This will minimize the efforts of weeds and other unwanted vegetation to encroach upon your patio from underneath. Calculate the square m2 of your patio space by multiplying the length by the width and add 10 percent.

**Create the Base**

Pack in the paver base and/or sand using a compactor or tamper. You need a solid, level and smooth base upon which to lay pavers. Remember to repack each subsequent layer of material.







### Plan for Drainage

While it's important to have a level patio, you need to make sure it does slope away from your home's foundation and toward an area that can either handle additional moisture or is an existing drainage area. Plan for a 5mm drop in elevation for every 60 cm of distance.

### Keep A Tight Edge

To help minimize the effect of movement of your pavers, be sure to plan for a good solid edge by using additional pavers, a solid cement lip, or metal or vinyl edging. In addition to stability, this will also help minimise creeping weeds.



### Make Colour Variations Work for You

You'll run into slight colour variations in your pavers, just like you would with different lots of wood flooring or tile. Blend varying piles of stones or bricks together to create a natural look, so you'll avoid a patchwork appearance.

### Make Cuts for A Perfect Fit

If you create any sort of pattern with your pavers, you'll need to cut some of the stones or bricks at some point. You can use a cold chisel to do this, or you can save your hands and acquire a wet saw from your local TWK Trade branch.



### Pack in The Cracks

Set your pavers in place by applying a layer of sand over and between them until the cracks are completely full. This will help keep them set in place, minimize weeds and allow for drainage.

### Keep Pavers on Hand

Keep a few extra stones or bricks on hand to make repairs easier (you never know when your particular paver may be discontinued). Broken pavers can be removed by prying them out with a couple of screwdrivers or a thin pry bar. If the paver needs to be cut to fit, be sure to cut it slightly smaller than the length of the opening to allow for sand to be repacked around it. *Source: www.diynetwork.com*



# Company News



*Congratulations to TWK Agri Insurance for winning the Mpumalanga Region Agri Award, 2019.*

*Congratulations to Platorand Makelaars for winning the Lowveld Region Silver Award, 2019.*



INSURANCE



TWK HEALTHY HABITS

## Sokkerstewels

TWK Healthy Habits het aan die begin van die jaar vir al sy lede R500 afslag gegee op tekkies, en het toe besluit om stewels ook by 'n spesiale pakket vir die sokkerliefhebbers in te sluit.

Elke persoon wat vir die pakket aansluit, betaal R20 per maand, en kry dan maandeliks 'n *Kick-off* tydskrif, asook eenmalig 'n paar stewels.





# TWK ISUZU, HAVAL & GWM

We are delighted to announce the grand opening of the TWK Agri Isuzu, Haval and GWM dealership at 15 Krogh Street, Standerton. We proudly welcome every customer to our premise where every possible effort will be made to ensure your requirements are met. Our staff strive towards the best service, delivery lead times and services in the market. We have the latest vehicles available on hand, and any custom requirements can be ordered.

Visit our new premise at 15 Krogh Street, Standerton, or call us on (017) 712 2221 to make an appointment to test drive your next Isuzu, Haval or GWM.



**ISUZU**

**HAVAL**  
Global Intelligent SUV Expert



**GWM**



Dit is met swaar harte en ons diepste meegevoel dat ons totsiens sê aan een van TWK se mees geliefde werknemers. Rehane was deel van die TWK-familie vir 38 jaar.

“Rehane Potgieter was ‘n persoon wat voluit gelewe het. Sy het geweet hoe om “in the moment” te leef en het alles altyd met passie aangepak. Sy was ‘n steunpilaar in die Handelsafdeling en die leemte wat haar heengaan laat, gaan nie gevul kan word nie. Sy was ‘n dinamiese vrou wat nooit terug gestaan het vir ‘n uitdaging nie. Haar empatie vir haar medemens was inspirerend. In elke situasie sou sy altyd die positief sien en dit uitlig. Ons mis haar lag, haar insig en haar raad.” – Magdel Groenewald

“Rehane het haar werk geken en so ook die beleide van TWK, en sy het nie daarvan afgewyk nie, toegewyd en kwaai, maar met ‘n goeie hart. Sy het altyd tyd gehad om ‘n mens te help, maak nie saak met wat nie, en sy het altyd tyd gehad vir n grappie of net n geselsie.”- Johan Bender

Ons medelye is saam met Rehane se familie en veral haar lewensmaat, Pottie. Ons bid dat die Vader van vertroosting julle sal omvou met Sy liefde.

Rehane sal vir altyd onthou word deur haar kollegas en die TWK-familie.

# Company News



# MANDELA DAY

## SAVF LOUIS HILDEBRANDT CHILDREN'S HOME IN VOLKSRUST

Mr Louis Hildebrandt donated the Louis Hildebrandt nursing home in Perdekop to the Suid-Afrikaanse Vrouefederasie (SAVF) and made a substantial financial contribution to the home. Due to the reduction of the government subsidy and a decrease in the number of residents, the nursing home closed and the elderly resettled elsewhere. With the constant lack of adequate housing for law-abiding children, the SAVF negotiated with the Department of Social Development to transform the building into a children's home.

**As a Nelson Mandela Day initiative, our TWK marketing team visited the Louis Hildebrandt children's home in Volksrust.**

On 1 December 1997 the children's home was registered to accommodate children between the ages of 7 and 18 years from Mpumalanga. Further changes were made to the existing building by the purchase of another house and yard to accommodate an additional 76 children. During January 1999, the children's home was full for the first time and it has been fully functional since then. With approval from the Department of Social Development, the number of children was increased to 90 in April 2003.

Perdekop is a small rural village and does not have the infrastructure to meet all the children's needs, for example, they could not participate in any extramural activities, and the hostel system is also not therapeutically beneficial to children. So, in 2001 negotiations began to use an old Eskom house in Volksrust for a children's home. On 29 January 2003, 12 houses in Juba Park, Volksrust, were donated and handed over to the SAVF executive by Eskom. They were received by the president of the SAVF, Mrs Irma Harteberg. The big move from Perdekop to Volksrust took place during February 2003. Two of the houses were converted into



an administrative office and a kitchen, whereas the other ten houses were furnished for children.

Currently, the children's home has 100 children who live there happily and are well taken care of.

The houseparents have a heart for caring and protecting the children. Their goal is to see every child grow and to see them emotionally healed.

Every house has their daily routines. Morning routines: Making their beds, eating breakfast and going to school. In the afternoons they have lunch, study time and time to play outside. At 18:00, every child must be inside their home. After supper, they have some time to watch TV, and by 21:00 the lights must be switched off for bedtime. The houseparents also make birthdays special for the children, and they try to send every child home for Christmas, either to their parents or to other relatives.

The children's home requires maintenance like painting, the roof needs attention, and the kitchen cupboards need work done. They are also in need of new bedding and curtains.

Their vision is to be financially stable to be able to provide even more in every child's needs. We had the privilege to give every child a personalised gift bag with basic toiletries and also donated clothes, blankets and balls for them to play with.

Thank you to everyone who participated in this Nelson Mandela Day initiative and for every donation given.

If you would like to get involved with the Louis Hildebrandt children's home, you are welcome to contact Alta van Heerden. Tel: 065 096 2889, e-mail: [louishbcycc.manager@savf.co.za](mailto:louishbcycc.manager@savf.co.za).



Max of 50 persons allowed

*Year-end celebrations*  
AT WELVERDIEND FUNCTION VENUE

Bond with your fellow workers over a couple of much-anticipated cold ones, after all, nothing truly says 'thank you for all the hard work' more than a good party! Stunning outdoor spaces surrounded by beautiful gardens with unforgettable views and sunsets.

If you're looking for a unique venue to make your year-end function one that guests won't likely forget, visit us at Welverdiend Guesthouse and Function Venue. Book your appointment today!

*Welverdiend*

CONTACT US

C: 082 370 4180  
E: [welverdiend@twkagri.com](mailto:welverdiend@twkagri.com)

Welverdiend Guesthouse & Function Venue



## INDIVIDUAL STRAWBERRY CHEESECAKES

**Prep Time:** 20 mins (plus 3 hours cooling)  
**Cook Time:** 50 mins  
**Makes six servings**

### Ingredients:

2 cups shortbread cookie crumbs  
 4 Tablespoons butter, melted  
 60-100 ml cream cheese, room temperature  
 2/3 cup sugar  
 1/2 teaspoon vanilla extract  
 1 egg, room temperature  
 2 egg yolks, room temperature  
 3 cups strawberries, quartered  
 1/3 cup white sugar  
 Optional: whipped cream, mint, or basil leaves to garnish

### Instructions:

Pre-heat oven to 160°C. In a food processor\*, add shortbread cookies and pulse until they're a fine crumb. Place in a bowl and stir in melted butter. Place 1 1/2 Tablespoons of the crumb mixture in the bottom of 180-220ml wide mouth mason jars and pat down to create a crust. Set aside.

Using an electric mixer, beat together room temperature cream cheese, sugar, and vanilla for 2-3 minutes until light and fluffy. Add eggs one at a time, beating between each addition. Scrape the sides of the bowl as needed.

Divide the cheesecake batter evenly between the jars (approximately 1/2 cup in each jar). Top each jar with the remaining crumbs, gently pat down the crumbs to create the top crust. Place jars in a large roasting pan or baking dish with sides. Add enough hot water to the pan until it reaches halfway up the sides of the jars to create a water bath for the cheesecakes. Bake for 45-50 minutes until the centre is just set. Remove from the water bath and cool completely (approximately 1 hour). Cover and refrigerate until cold, at least 2 hours.

Just before serving, combine strawberries and sugar in a bowl. Set aside and let strawberries macerate (become soft and release juices) for 15 minutes. Serve on top of cheesecakes, add whipped cream and garnish as desired.



**If you don't have a food processor, you can put the cookies in a large ziplock baggie and roll over them with a rolling pin.**

**You could also use 220ml ramekins – if you use a differently sized ramekin, you may need to adjust the cooking time.**

**Room temperature ingredients are critical!**



## GRILLED SHRIMP TACO WITH AVO SALSA

It is Spring and time for some fresh new meal ideas for those warmer days!!

Start by making your Avo Salsa as this needs to chill in the fridge while you prepare the rest of the dish. You will need the following fresh ingredients:

- One ripe Avocado cut into small pieces
- 1 Lemon (freshly squeezed)
- A handful of freshly chopped Coriander
- One finely chopped Red Onion
- Salt & Pepper



In a medium bowl, combine all of the ingredients for the avo salsa and add salt and pepper to taste. Chill in the fridge until ready to serve.

Now for the shrimp...

They are pretty straightforward. Make a marinade of olive oil, lime juice, cumin, chilli powder and garlic.

Preheat grill to medium-high heat. Don't worry if you don't have a grill you can cook them in a skillet on the stove as well.

In a large bowl, combine shrimp marinade ingredients. Add the shrimp and toss to combine.

Thread your shrimp on wooden skewers, so they don't fall through the grill grates.

Grill or sautee for 2-3 minutes per side or until the shrimps are not opaque.

Warm your tortillas on the grill or in the microwave for a few minutes. Ready-made tortillas can be bought at most supermarkets.

Assemble your delicious spring tacos by placing some chopped red cabbage and 3 warm shrimps in each taco with the avo salsa on top. Top it off with Feta cheese and serve with a slice of lime.



# Liberty and Freedom

## **Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.**

Do you feel oppressed today? Perhaps you are tied up by chains of guilt. Maybe you feel like a failure. Your life doesn't have to be like this. Jesus came to set the captives free and to heal the brokenhearted. Today He wants to proclaim freedom to you. John 8: 36 says, "Therefore if the Son makes you free, you shall be free indeed." And 2 Corinthians 3: 6 adds, "The letter kills, but the Spirit gives life." The people of Israel lived by the letter of the law, but Jesus came to give freedom and true life.

John Newton was the captain of a slave ship, but after he found salvation and received freedom from God, we wrote these words: "I once was lost, but now I am found, was blind, but now I see." Imagine the guilt he must have felt being in charge of a slave ship – but God freed him from it.

People often cannot forgive themselves for the things they have done in the past. I tell them what the Word of God says: "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death" (Romans 8: 1-2). When people hear these words, they can literally see the shackles and the chains of guilt falling off. They find freedom in God through His Spirit.

The Lord can and will do this for you. He died for you and me on the cross of Calvary. He took all our sin upon his shoulders. Believe that the Lord will forgive you, then choose to let His Spirit govern your life.

*Dear Lord Father, at times, I am overwhelmed by guilt. Please help me to accept Your forgiveness, to let go of my burdens, and to accept the liberty and freedom Jesus freely gives. Amen.*

*With Grassroots reflections by Angus Buchan.*



# PLOEG IS 'N 7-LETTER-WOORD.

En daardie 7-letter-woord is **Willard**.

Wanneer die ryk aarde voorberei word vir saad wat sal ontkiem in voedsel vir die nasie, het jy 'n betroubare battery-vennoot nodig. Die krag van die tegnologie in elke Willard® Battery verseker dat Suid-Afrika se 12.5 miljoen hektaar landbougrond bly bewerk word.

**Willard.** Die kragwoord vir vooruitboer.



# Pomp-oplossings wat alles insluit

Ons glo in waarde-vir-geld pomp-oplossings wat eenvoudig is om te gebruik en optimum resultate lewer terwyl hul minimale energie verbruik. Ons reeks sluit in 'n verskeidenheid drukpompe, 'n universele pompbedekking sowel as 'n pomp-na-tenk koppelingstel waarmee jy maklik ons kleiner reeks pompe na jou waterstoortenk kan koppel.



## 0.37kW Druk pomp

- 3.6 bar
- 34 l/min vloei
- Outomatiese begin/stop funksie



## 0.75kW Druk pomp

- 2 tot 4.5 bar
- 5 tot 66 l/min vloei
- Outomatiese begin/stop funksie
- Lae geraasvlak
- Gebruik tot 80% minder energie



## 1.5kW Druk pomp

- 1 tot 6 bar
- 5 tot 108 l/min vloei
- Outomatiese begin/stop funksie
- Lae geraasvlak
- Gebruik tot 80% minder energie



## JoJo Pompbedekking

- Ideaal vir gebruik met alle JoJo drukpompe
- UV-bestand
- Roesbestand
- Verminder geraas en verleng lewensduur van pomp
- Beskikbaar in 'n wye reeks kleure



## Pomp-na-Tenk Koppelingstel

- Vir soomlose koppeling vanaf tenk na pomp
- Alle toebyhore ingesluit
- Maklik om te installeer
- Geskik vir gebruik met ons 0.37 en 0.75kW drukpompe

Ons reeks pomp-oplossings is beskikbaar by TWK winkels landwyd.

Vir meer inligting, besoek jou naaste winkel of ons webwerf by [www.jojo.co.za](http://www.jojo.co.za)