



What's New in PLETT

aka

WHAT'S THE BUZZ IN BITOU

*Keeping you in touch
with our
WHOLE community!*

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WHAT'S NEW IN PLETT 29 JULY 2021

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mindset**



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533 0961/ 533 6363/ 533 0911
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/ 044 533 1691
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083 269 8958 / 0445333259 / 0825682479
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THE PLETTENBERG

OORVOL TRONKE EN...LEE KERKE

Wat maak dit so moeilik
Om 'n versoek te rig?
Mense ruk so maklik
individuele woorde uit verband en
Werm 'n persepsie van die ookepelende
betekenis van 'n gesprek
Sonder om eers die feite te ondersoek.
Party mense se persepsie was dat die land
Godloos gaan
Word en die kerk gaan verdry.
Hulle gebruik hulle eie interpretasie van jou
situasie en dwing hulle wil op jou af.
Oonol tronke waar die weerdeitid
kleurlingmense voorkom.
Kyk gou 'n bieje na staatsposte veral
polisie, verkeer ens. Kleurlingkinders
Kry eenladig net nie 'n kand nie!
Terselfdertyd net 'n handjievot wit
En bruin werkers by staatsposte!
Geleertheid o.a. matriek is buitenden onodig
dan 'n vereiste!
Dus waarom misdood e swangerskoppe
meesal 'n groot rol speel.
Verkratingssyfer veral babas dus wat my
die meeste grief!
Huisbraak en diefstal vind pless binne ons
arme gemeenskappe
Buitenden, krimirele lewe ontsettend
gerieflik en gevangenis, kry alles,
Voordele pleeg aabadende opsetlike



misdode en kom skotvry!
Wat gebuer binne die hof? Watter
effekterende besluite neem die magistraat?
Ibekom loop kriminele skotvry of daar
gebeur soms niks wet hul sake nie?
Hoekom het hulle die doodstraf verban? Ek
glo stellig as krimenele
Binne geveemgenisse van die alle voordele
weerhou word, hard en strenger behandel
Word sal net 'n sekere hoeveelhede hul tyd
I 'n trunk deurbring!
De gemmenskop moet inligting verskaf, die
polisie ondesteun, en die die polisie
Moet meerder instit om dwelmhandelaars
hok te skan!
As die gemeenskap die reg in hul eie
hande neem is dit 'n probleem?
Manipulase lei dikels tot 'n verloo-verloer
stasie
'n mens se filosofie word nie in woorde
uitgebruik nie, maar in die keuses wat jy
maak.. En die kaises
Is uiteindelik jou eie verantwoordelikheid.
Baie Dankie!!!
Kim Jones

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essential service provider corns Callouses
etc 072 672 4162

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job they do for our
Plett Community.

Plett Hospice Banking Details
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Acc no: 62048095063

Acc name:
The PlettAid Foundation.

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HOUSE SITTERS AVAILABLE: Retired couple. Excellent contactable references. Call Anne 072 0401987

Unplanned Pregnancy HOPE CENTRE can help. 078 177 5119

Tracy de Necker Physiotherapy 0822211302

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REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

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PLEASE KEEP OUR BEACHES AND STREETS CLEAN when taking your pet for a walk. Poo Bags are available from all the Veterinary Clinics and pet supply shops. PAWS poo bags may be purchased at R20.00 for a roll of 30 biodegradable bags. Please Support Paws and keep our Town clean. Thank you

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Compassionate Home Care

is the sensible and affordable alternative to moving into a care home. With Compassionate Home Care, your carer is focused on you rather than multiple residents at a time. We give you an option of either day care or a live in carer whose only job is to take care of you and your home. There are just so many benefits for the individual to remain in their own home and to be looked after on a one on one basis by a qualified carer. The home carer obviates the stress of you moving into an unfamiliar environment. It will prevent your family members from worrying for your safety and welfare knowing you are in good hands. The carer will take care of your shopping and also take you on outings, should you so desire. You can build a personal connection with the care giver who will get to know your needs better. Compassionate Home Care has a qualified nurse on call 24 hours a day to back up your carer.

Want to find out more about the sensible and affordable alternative?

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Miniature
Railway Society



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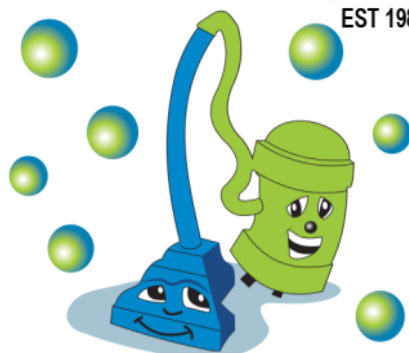
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AMBIKE is looking for domestic work and baby sitting job call 078 606 7054

MIRRIAM is looking for housekeeping job call 064 419 5959

PATRICIA is looking for job as a domestic work for 3 days Mon, Thus, Fri call 064 325 7367

ISAAC is looking for gardening job or housekeeping job for 2 days call 067 112 3732

PETER is looking for full time job as a general worker, housekeeping, painting and gardening call 061 1067 205 ref and work permit avail

ZELIFA is looking for job as a domestic worker call 063 484 8275

FRED THE FELLER - Woodchipper
For hire FRED 082 448 9503

ZUMBA FITNESS, a Latin inspired dance fitness programme, designed to enhance flexibility, an excellent cardio workout, strengthening the core, and all this whilst having fun. Call Merle 081580 5520

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Safety and security don't just happen, they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens of our society, a life free of violence and fear – Nelson Mandela
Child Welfare Plett 044 533 2257

IF YOU SEE a lost or injured animal, or suspect abuse,
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IF YOU HAVE ANY BOOKS TO GIVE AWAY. Please contact Wil Hiemstra on 084 584 7729 or visit the Saturday Harkerville Market. This is in aid of FAMSA

JACQUI BOTHA
PHYSIOTHERAPY
0826562979

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The 176 000 hectare Greater Addo Elephant National Park is the third largest National Park in Southern Africa.

The variety of wildlife found in the Park is astounding, with 417 species of birds, 95 kinds of mammals, including the Big 5 and of course the 600 elephants that roam there, it is an absolute treat for nature lovers.

MORNING GAME DRIVE

Collection from Guest House in Summer-Strand P.E between 06h00 - 06h30

Duration of Game Drive 07h00 - 12h00
We enter the Park through the Addo Colchester Gate, Camp Matyholweni. The first few hours are good to see antelope, zebra and some of the cats. Between 09h00 and 09h30 we serve a delicious continental breakfast in the picnic area. Usually one has good sightings of elephants and buffalo after 10h00 nearer the waterholes. We return to the Gate around 12h00 and then back to the Guest House. *Refreshments are available throughout the drive.*

AFTERNOON GAME DRIVE

Collection from Guest House in Summer-Strand P.E between 13h00 - 13h30

Duration of Game Drive 14h00 - 18h00
We enter the Park through the Addo Colchester Gate, Camp Matyholweni. The early afternoon is good for elephant and buffalo sightings, near the water holes, as well as some antelope and zebra. We stop mid-afternoon at a disembarkment point or picnic area for teas, coffee, refreshments, scones and snacks. The latter part of the afternoon is usually good for antelope and the illusive rhino. The Park has thick bush and offers an abundance of birds, tortoise, dung beetles and other creatures.

drive and narration will be done by our very knowledgeable guides.

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An experienced Guide |
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Plett Evangelical Fellowship

*As for me and my house,
We will serve the Lord. Joshua 24:15*

Anton: 082 878 4193 / Graeme 083 628 1648

PAWS outdoor movie at Market Square Saturday 14 August

PAWS is delighted to be able to work with Open Plan Pictures to present a fun outdoor movie experience for the whole family. On Friday 14 August from 17:00 to 20:00 we will be screening a delightful film at the Market Square. Open Plan Pictures specialise in pop-up, big-screen, drive-in cinema when viewers can enjoy a film from the comfort and safety of their cars, with high quality speakers transmitting sound through car radios, in FM Stereo. Open Plan are committed to building relationships with local charities to help them raise funds. They comply with all Covid regulations and have permission from the Bitou Municipality and SAPS to present their movies. The Market Square Management have also been very supportive in making a part of their parking available for the drive-in cinema. The 2019 movie "The Art of Racing in the Rain", will be screened for the PAWS event. It stars Milo Ventimiglia and Amanda Seyfried and features Kevin Costner as the voice of Enzo, the Golden Retriever. Enzo, a devoted canine, sees the human world through his eyes and nose and displays wisdom and understanding of the frailties of his people. He recounts his life with his owner, Denny, an aspiring young racing driver, who experiences difficult times. Enzo also dreams of becoming a racing-driver like Denny one day. This charming movie is perfect for the whole family, and especially dog lovers, but also provides an opportunity for children to learn about life, love and loss. Please join PAWS and Open Plan Pictures for this very special evening. And make sure you pack a picnic supper to enjoy while watching the film. You can also pre-order from MacFee (082 802 9543 for collection at 17:00). Tickets : R250 per vehicle. Maximum number 6 people per vehicle. Please see attached poster for details.

Contact Marsja Hall-Green for bookings.
073 645 9476 or
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±150 children in KwaNokuthula. Kindly
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you. Enq: Theodora Krabie (073 816 9021

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Covid-19 today

The third wave is upon us. The numbers of infections, hospital admissions and fatalities are increasing daily. We are back in level 4, a clear sign of the severity of the situation. Some points to consider:

Vaccination:

Vaccination is a safe and simple way to strengthen the body's immune system to build resistance against disease-causing germs. It trains your immune system to recognise and combat viruses/bacteria. Vaccines can be extremely effective. Thanks to them diseases such as smallpox have been eradicated from our planet and most countries are free of polio. Covid vaccines have been produced in record time by scientists around the world to meet the challenge of the pandemic. Never before has a vaccine been developed in such a short time. However all safety precautions have been adhered to, with strict controls from international institutions like the American Food and Drug Administration, the European Medicines Agency and the World Health Organization. The two most widely used types are:

Viral Vector Vaccines: eg Johnson and Johnson and Astra Zeneca. These use a harmless virus which has been altered to contain part of the Covid-19 genetic code.

Messenger RNA Vaccines: eg Pfizer and Moderna. These contain a synthetic version of part of the genetic code.

Vaccines give a protection rate of 75 - 95%, depending on the type. Should a person who has been vaccinated contract the disease, it will be in a much milder form. In many countries the number of infections has decreased dramatically once vaccinations have been carried out on a large portion of the population

Yet a number of people are reluctant to get vaccinated. This is partly due to fears of possible side effects.

You can certainly get side effects from the vaccine. Most are mild, such as pain at the injection site, fever, headache, tiredness. Allergic or anaphylactic reactions may occur. These can include symptoms such as hives, swelling, and wheezing (respiratory distress). For this reason, you will be asked to wait 15 minutes before leaving the vaccination facility.

A small number of blood clotting disorders has been reported among the millions people that have been vaccinated around the world.

It has been shown conclusively that the dangers of not getting vaccinated and contracting Covid far outweigh the dangers of the possible complications of the vaccine. What could happen if you don't get the jab?

Population of South Africa:

About 60,000,000

Covid-19 deaths in SA since the onset of the pandemic: About 60,000

Number of Covid - 19 deaths as a percentage of SA's population:

0.1% i.e. one in one thousand

In South Africa the chances of dying from Covid-19 are one in a thousand if you are not vaccinated

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Why should you get vaccinated?

You will be protecting yourself. This is particularly important now that the "third wave" has hit South Africa.

If you are overweight, have co-morbidities (eg heart issues, diabetes, chronic chest problems, cancer, etc) or are over 60, there is a definite risk of having a more severe, possibly fatal form of the disease. Under these circumstances it is even more important to get the jab.

You will be protecting people around you, particularly the frail and elderly.

You will avoid requiring hospitalization at a time when hospital and particularly ICU beds are not readily available.

Once vaccinated you will be able to travel abroad.

Once enough people have been vaccinated, "herd immunity" will be achieved. Herd immunity is a form of indirect protection against infectious diseases that can occur when a sufficient percentage of a population becomes immune to the infection.

Most important, we are becoming increasingly aware that Covid-19 not only kills, but also maims:

The lungs, heart, aorta, kidneys, brain, spine, in fact just about any organ can be seriously and sometimes irreversibly damaged by Covid.

These complications can manifest during the acute phase of the disease or later and may affect patients that have survived the acute Covid-19 illness, even several months after recovery.

We are seeing more and more people developing heart problems after contracting Covid-19. Often they are not even aware of this. Several deaths, including sudden deaths, have been reported in Covid-19 patients who recovered from the illness and went back to exercising prematurely.

The recommended interval before resuming exercise after Covid-19 is usually:

Mild cases:

2 weeks

Moderate cases:

4 weeks

Severe cases:

6 weeks (At least).

However, once you have recovered, it is very important to have a medical check up, which should include a cardiovascular assessment before going back to exercise. This will evaluate your fitness level and ability to train safely. Please do not underestimate Covid-19. It is a killer. The importance of social distancing, hand washing, wearing masks and avoiding crowded places cannot be emphasized enough.

Giovanni Coci

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*Wishing the
following people
a very happy
birthday this
coming week*

29 July - Clare Roode

30 July

Ian Crawford Brunt; Tracy Johnston

Amorell Quickfall; Janine Bachle

31st July - Curt Fourie

01 Aug

Mitchell Da Fonseca; Nicolene Gainsford

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Louise Auersperg; Claire Mason

2 August

Blanche McClean; Graham Anley

Lorain Olivier

3 August

Greg Lucas; Shaylee Westhead

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4 August

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